Interests of Women and the Home.

THE REAL LADY BURTON.

Romantic and Adventurous History of a Noted Woman.

exercises. We might call these the del-

sartian muscles. The others are the

develops the latter until the others are

Hot Weather Drinks.

To make a strawberryade, wash half

pound of sound, ripe berries and

bruise them with a silver spoon. Rub

into them four ounces of sifted sugar

and one gill of water. Press the mix-

ture through a sieve, add a pint of

water and the juice of half a lemon;

filter through a piece of cheesecloth

into a glass jar and stand beside the

ice until wanted. Then mix it with

ice-cold seltzer, apollinaris, or plain

For a fruit temperance cup, cut the

ellow rinds from four lemons, very

Squeeze the juice from one

thin, and drop them in a large earthen

dozen lemons onto the peel and add

two pounds of granulated sugar to the

juice; cover and let it stand over night.

Into another bowl put a peeled and

shredded pineapple and one quart of

small friuts such as strawberries, cher-

ries, and raspberries, taking about an equal amount of each fruit. Cover the

fruit with sugar and let is stand over

night. In the morning crush thorough-

ly the fruits and strain the liquid into

the lemon syrup. Add one pint of fresh-

ly made cold tea and put the mixture

it is desired for use add two quarts of

To make a refreshing summer drink,

to two pints of water add one pint of

granulated sugar. Place over the fire

long enough to entirely dissolve the

sugar; take it from the fire and add to

the syrup the juice from three fine

lemons and the grated neel of one, the

inside of one orange and one pineap-

the liquid mixture stand until partly

cooled and then strain through a coarse

sieve, rubbing as much of the fruit

through as possible; then place it where

it will become perfectly cold. At serv-

ing time add to the liquid a pint of ice-

An excellent drink is made from

raspberry juice. To one quart of

fresh, perfect fruit add the juice of one

lemon and one tart orange. Bruise

the fruit with a spoon and add one

pint of water. Let it stand two or three

and serve with shaved ice in the glass

latter fruit more sugar is required.

There are many desirable cold drinks

an especially good one. To prepare it

unsweetened chocolate and six ounces

place the kettle over a moderate fire

the liquid is of the consistency of a

thick syrup. Take it from the fire and

cooling. When cold flavor it with va-

Among beverages flavored with

fruits the following is excellent: Into

a pitcher put the yellow rind of a le-

and a tablesponful of good Jamaica

rum. Blend with these ingredients two

Place a good-sized piece of ice in the

To make pine apple cheer, wash a

pincapple, peel the fruit, and then with

and pick it into small pieces. Put the

pitcher, pour over the whole a bottle of

cold apollinaris water.

glasses with a spoon.

le, peeled and picked into pieces. Let

iced water.

A very full biography of Isabel Lady easy, for I thought I had contracted Bruton has just been published in London. A large portion of these two my feet or make them go at all. You volumes is the autobiographical work | may imagine how my partners glared of Lady Burton herself; but W. H. at me. Not one of them came back Wilkins has filled in the gaps. He has for a second turn, so I pleaded headgathered information concerning his ache and mamma and I went home. subject from many sources, and he has I was puzzled, but did not say anyset forth the whole story of her ad- thing to anybody, for I had always venturous life with such literary skill, bad the reputation for being a good such tact, such sympathy, and insight dancer. I had the same experience at that he must be complimented upon the next dance and the next after that. having given to the reading world one | Finally my doctor told me I had the of the most notable of the many excel- bicycle leg. He told me that we have lent biographies which have seen the two sets of muscles in our legs. One light in the course of the past twelve sort we use for all kinds of graceful

The story of Miss Arundell's love for Captain Burton, as it is unfolded in working muscles. Pushing the pedals these pages, is as captivating as any love story ever imagined by a writer overcome, and when you attempt the of pure romance. Isabel Arundell was graceful act you are about as successa beautiful girl, high spirited, unconventional, intellectually ambitious, independent and possessing a very large share of the mysterious quality which she, herself describes as "supernormal consciousness." This supernormal consciousness amounted in her to what might almost be called the gift of second sight. Over and over again we read of her dreaming of some distant occcurrence or divining some coming event with an accuracy of prescience little short of amazing. In her early girlhood she made the acquaintance of a gypsy named Hagar Burton, who prophesied that she, Isabel Arundell, would cross the sea, be in the same town with her Destiny and not know it, and that she would bear the name of Burton. Long afterwards, when walking one day with her sister on the ramparts of Boulogne, Miss Aruudell saw a distinguished-looking stranger walking towards her.

"He looked at me," she says, "as he read me through and through in a moment, and started a little. I was completely magnetized; and when we had gone a little distance away I turned to my sister, and whis-

"THAT MAN WILL MARRY ME." She saw him again on the next day; he followed her and wrote up in chalk leaving the chalk on the wail. Miss in a cold place for several hours. When the words: "May I speak to you?" Arundell took up the chalk and wrote back: "No; mother will be angry."

Afterwards, however, they met and in rices of algorithms are the properties. oke, and she learned that the strang- in place of plain iced water if they are er was Captain Richard Burton.

On leaving Boulogne she saw no more of Burton for four years, and had apparently no prospect of meeting him again. Yet during his absence on his famous pilgrimage to Mecca, and on his first expedition into Africa, she followed him ceaselessly in thought and in prayer night and day. After his return from the Crimea she met him quite by chance in the Botanical Gardens. At the end of a fortnight he asked her: "Could you do anything so sickly as to give up civilization? And if I get the consulate of Damascus will you marry me and go and live there? Think it over." She replied: "I do not want to think it over-I have been thinking it over for six years, ever cince I first saw you at Boulogne. I have prayed for you every morning and night, I have followed all your career minutely, I have read every word you ever wrote, and I would rather have a crust and a tent with you than be queen of all the world, and so I say now, 'Yes, yes, yes!"

"KEPT SECRET."

This betrothal was kept a secret during the whole time while Burton was fighting his terrible way through the Central African jungle to find the fabled lakes beyond the Usagara Mountains, which at that time the eye of the white man had never seen. they were married at last, and never, surely, were a man and woman better mated. They traveled together in many lands, and Isabel proved herself to be unexampled in her ability and energy as a consul's wife. One realizes very fully in this book how utterly both Richard Burton and his wife were thrown away in the consular service, and how shamefully Burton was neglected and misunderstood by the government which employed him. In many of his appointments his wife was of signal and practical service to him.

fully defends Lady Burton against the acrimonious and unfounded allegations made against her by Miss Georgina Stisted in her so-called "True Life of Sir Richard Burton," Miss Stisted, who is Burton's niece, declared that Burton's recall from the consulate of Damascus was directly due to the social and political difficulties brought about by his wife's blunders and imprudence. Mr. Wilkins disproves this assertion absolutely and completely. Miss Stisted has also stated that Lady Burton lost her head and fled from Damascus on hearing a rumor of cholera; but we are here shown that Lady Burton worked bravely and courageously among the cholera patients and was herself attacked by the disease. With equal success does Mr. Wilkins exonerate Lady Burton from the cruel accusation of having acted in bad faith in the matter of Burton's conversion to the Roman Catholic church. and from the impugnment of the motives which led her to destroy the manuscript of her dead husband's translation of "The Scented Garden."

Mr. Wilkins vigorously and success

THE BICYCLE LEG.

It has now been discovered by the student of such matters that bicycle riding gives women the bleycle leg. It is said by the experts that this evil attacks women more readily than it does men probably because their muscles are more flexible and adaptable than those of the wheelmen. This is no mere romancing, for only the other day a young girl said: "I never rode much until last summer, and did not it until the dancing season opened that my legs had been affected last winter. The muscles of my legs pieces into an earthen dish and cover seemed to remain stiff all evening at them with powdered sugar. Take the the first ball and I was awfully un- pecis and put them in a saucepan with was of the highest order,

water enough to cover them and let little washing with harsh soaps, etc., them boil to extract the flavor. Then that will irritate the scalp. And often strain the liquid through a fine sleve hair that is thin and poor in quality over the picked fruit. Let this stand | may be made thick and glossy by this in a cold place several hours before systematic care. adding a quarter of a pound of sugar and a bottle of book. When these are we'll blended and it is time for serving add one bottle of seltzer. Serve cracked ice in the glasses.

Lemonades are best if the sugar is dissolved in the water by heating them together, thus making a syrup. process seems to give more consistency to the drink. The white of an egg beaten light and added to lemonade gives the drink nutriment.

A refreshing drink is made thus: Beat the white of an egg light. Stir into it three teaspoonfuls of powdered sugar and the juice of a lemon. Beat together and add a gill of rum with the same quantity of rich milk. Partly fill a pitcher, holding about a juart, with cracked ice, and pour the mixture over it. Add a small bottle of seltzer and it is ready for use.

A syrup may be conveniently kept at hand to use for sweetening punches, lemonade, and other drinks. It will remain good a long time if kept where it is cool. To make it, extract the oil from the peel of a half dozen lemons by rubbing them with cut sugar. Squeeze the juice from the lemons and strain the juice over the lumps of sugar, Add the juice from six oranges and five pounds of cut sugar. Place these ingredients in an agate or porcelain lined kettle with two quarts of water, and add a couple of blades of mace, a small piece of stick cinnamon, and four cloves. Let this cook slowly over the fire about one-quarter of an hour. Skim out the spices and turn the syrup into bottles. When the syrup is cold cork the bottles.-New York Sun.

THE HAIR

Rustics who live on a bread-andmilk diet nearly always have heavy hair to an advanced age, while people who lunch and dine on meat rarely have after 25.

The Italian parliament shows an unwhile the Italian peasants always reloice in heavy growths of hair. Brittany peasant men have hair almost as long and heavy as their wives.

A very clever and well-known doctor claims that meat eating and baldness go together, and he has often checked cases of falling hair by combining with local treatment a diet of milk, eggs and fruit. The finest heads of hair belong to

the Kalmuck women, who are deaf to music. The hair touches the ground when they stand, and its only fault is that it is coarse in texture. These women live on a diet of milk, tea and rye bread.

In society one may always tell the girls whose parents have risen from the humbler classes to wealth by the superor quality of their hair. Verdi has been given as an example

of the effect of instrumental music on hair. To begin with, brushes should be the growth of hair; but Rochefort can kept spottlessly clean. Have them made not know a note of music, but if he did and put in singly, that is, not close tonot keep his snowy fleece cut to a moderate length it would swamp him.

and kept free from dandruff, with very brushes closely, and when a split Denver Field and Farm.

Household Helps.

A good cleaning fluid for removing spots from men's clothing or sponging silk and woolen goods is made of pulverized soap-tree bark. Let a couple of tablespoonfuls of the bark steep in a generous pint of water until the faded, strength is drawn from the wood, Strain the water through a cloth, and for sponging it can be used at once. Strained into a jar and with a couple of spoonfuls of alcohol added it will keep any length of time, to be used when it is required. It is best not to iron sponged dress goods. The cloth should be pinned to the floor upon sheets or rolled smoothly and tight over a large roller kept for the purpose.

To stiffen sheer handkerchiefs, laces, wash silks, or any other thin fabric it is best to use gum arabic starch. To make it put into a bottle one ounce of gum arabic and pour over it one cup of cold water; stand the bottle in a dish of cold water, and place it over the fire until the gum is dissolved; then strain it through a fine sleve or piece of cheese cloth into another bottle. When it is cold put in a half gill of alcohol, and it will keep and be ready to use when needed. When dainty laces are to be stiffened, half a teaspoonful of the starch, mixed with a small cupful of water, will give the lace ample stiffness, adding a larger amount of the starch as it is needed for different fab-

It is often necessary, owing to fear of the brushes being improperly dried when away from home, that these should not be put into water. They then may be thoroughly cleansed with flour. Have the flour perfectly dry and plentifully rub it into the bristles. Let the brushes stand for an hour or longer, then shake the dust out on an old trav or newspaper, after which use a clean omb, running it briskly through the bristles as if combing them out. A secrivaled collection of billiard-ball heads, | ond rubbing of the bristles with pulverized magnesia before the combing, if the bristles are very much discolored, may be used. This will be found a effectual mode of cleansing

bristles. It is said that when linens are badly scorched the spot can be removed if treated in the following manner: Ex-tract the duice from two peeled onions and put it into an agate or granite vessel. Add to it half an ounce of white castile soap cut into small pieces and two ounces of Fuller's earth. Mix them together and then stir in one cup of vinegar. Stand the vessel over the fire and let its contents thoroughly boil. When the mixture has become cool spread it over the scorched linen and let it dry upon the cloth. When well dried wash out the linen.

Proper attention must be paid to the brushes one uses if one values her gether, Closely set long bristles are very liable to assist in spoiling the hair. Daily brushing until the scalp is clean them and break it off. Watch your hair

bristle is found it should be removed

A simple liquid preparation for the purpose of preserving furs from the depredations of moths can be made as follows: Into one pint of warm water drop twelve grains of corrosive subli-mate; wash the fur in this liquid, and when quite dry the fur should be safe from the moth. Other preventives against moth in furs will be found in camphor, pepper, salt, cloves, cedarwood shavings and borax powder. All furs and heavy woolen garments should be put away in drawers or boxes well sprinkled with any of these condi-

Important papers, maps, charts and good engravings can be successfully preserved by brushing a very thin coating of India rubber solution over their surface. This is perfectly transparent, and if an important document is varnished with it on both sides it will be protected for an indefinite period against the effects of damp, while the writing will remain clear and un-

Crickets may be very charming and poetical little insects when mentioned in story or verse, says an exchange, but they are also most destructive, as they will nibble woolens or other fabrics quite as damagingly as mice, and when one is nervous their creaking voices are often the very reverse from soothing. To secure freedom from them, put Scotch snuff down their holes and into the corners frequented by

The practice of wrapping each loaf of bread in oiled papers when it is taken from the oven and sealing the knot of the string holding the paper, as is done in a few first-class shops on the other side, is desirable for protecting bread when the loaf has to be handled many times in the process of delivery. The bread is protected from dust and handling as well as the possibility of bacilli, and the paper prevents the moisture in the bread from escaping and keeps the bread fresh.

A large funnel that fits into the mouth of preserve jars will be found of great assistance to the housekeeper at this season of canning and preserving. With the aid of this funnel the jars are easily filled, and there is no trouble caused by the fruit being on the outside instead of the inside of the

The cleanest and best dishwasher is a round whisk broom made of the finest and best broom corn. It is cleaned readily by holding it under the spigot and and running hot water through it; after which hang it in the air to be dried. This does away with the annoyance of a discolored and often musty disheloth.

In summer salt is likely to be affected by the dampness and then become hardened in its receptacles. If a teaspoonful of pulverized arrow root or cornstarch is mixed with each half lozen teaspoonfuls of salt it will not be affected by the temperature. When one is hurried in mailing a let-

ter, and the only available postage stamp is found to be without sufficient glue, moisten the stamp, rub it on the gummed flap of an envelope, and quickly press it in place upon the letter.

To Remove Grease Spots.

A mixture which is excellent for removing grease spots and stains from carpets and clothing is made of 2 ounces of white castile soap, 1 ounce of glycerine and 1 ounce of ether; cut the soap fine, dissolve in one pint of water over the fire; add two quarts of water. This should be mixed with water in the proportion of a teacupfu! to one pailful of water. Mix thor oughly and wash solled garments in it. For removing spots use a sponge or clean flannel, and with a dry cloth After all, the most simple methods They are apt to split at the ends and rub dry as possible. Woolen goods of caring for the hair are the best, catch the hair as it passes through may be made to look brighter and fresher by being sponged with this .-

Sunday School Lesson for July 25.

Paul Preaching in Athens.

Acts XVII, 22-34.

BY J. E. GILBERT, D. D., LL. D., Secretary of American Society of Religious Education.

hours. Meanwhile dissolve three-fourths of a pound of granulated sugar in one quart of boiling water and let this become cold. Rub the fruit through a fine sieve and add it to the cold syrup direction (Matt. x, 23) and fled to Athens, He was escorted by brethren who knew es. Strawberries and currants may be the way, the journey being more than used in the same way, only with the two hundred miles in a southerly direcn, occupying at least a week. At that ime Athens was the chief city of Attica. For a fruit lemonade put one and one of the most important divisions of Greece. Founded in 1850 B. C. by Cecrops one-half pints of sugar into a saucepan with one quart of water. Place it had been the capital of the leading re-public, and had been distinguished as the seat of literature in the golden period he pan over the fire and cook until the sugar is dissolved. Peel and grate one pineapple, and add to this one banana, sliced, half a cup of cherries, from which the stones have been taken, and bout the city. On the Sabbath he visthe same quantity of grapes cut into ed the Jewish synagogues, and, accordhalves and seeded. Add the prepared fruits to the syrup when it is taken from the fire, and when the mixture is cold add the strained juice of two orill, named from Ares or Mars. There he thus set forth. anges, half a pint of lemon juice, and clivered an address which we shall now the same quantity of the juice from study. When perfectly cold add

shaved ice and some water. Serve in INSCRIPTION .- Paul began his address that may be kept at hand which are not made of fruits. Iced chocolate is an especially good one. To prepare it put into a porcelain-lined or granite and Petronius declared that it "was easikettle four ounces of finely powdered, of granulated sugar. Add one quart of water and, when they are well mixed, Notther had Greek culture, in which art, poetry and philosophy attained an excel-lence unknown elsewhere, met the needa of man's higher nature. This one altar, and allow the contents to boil until with its strange inscription, showed that many supposed there was a Diety, un-known to them, superior to others, whose stir the mixture frequently while it is avor they coveted. The best learning of the time had advanced far enough to renilla extract and serve in tall tumblers partly filled with cracked ice, adding a couple of spoonfuls of whipped cream to each tumbler. This chocolate syrup can be kept in glass jars in a refrigeraaided powers they had failed to discover. tor and will remain good for a long

HABITATION .- The pagans delified the owers of nature and the spirits of departed heroes. They supposed that the latter would come to abide in some form something more than the juices of on, cutting it as thin as possible from the fruit and rejecting the white, bit-ter part. Add the juice of the lemon was the maker of the "world and all things therein," (Acts xiv, 15) the funda-mental truth of monotheism, (Gen. 1, 1); that this maker was also the Lord or rules teaspoonfuls of granulated sugar. of "heaven and earth" (verse I) and, fur-thermore, as must be manifest, that such a being did not dwell in any earthly temginger ale, mix well, and serve at once. ple (I Kings. viii, 27.) By these few words Paul had announced to his Athenian aua silver fork begin at the stem end which prompted the utterances

CONTEXT.—Leaving Berea to escape from the Jews who had come over from Thessalonica, Paul followed the Master's WORSHIP.—The apostle next present—ed the proper motive and method of the Delty as the creator, preserver and ruler worship which ought to be offered to this it had been the capital of the leading republic, and had been distinguished as the seat of literature in the golden period of the nation. While waiting for Silas (verse 25.) On the contrary, He is the and Timothy to join him, probably two weeks clapsed, during which Paul looked about the city. On the Sabbath be visa. ing to his custom in other places, engaged in teaching. One day he encountered the philosophers, who invited him to the arcopagus, so call because it was on a God of the Jew and of the Christian, is sophers from their idols to serve the lively and of the Christian, is sophers from their idols to serve the lively and of the Christian.

OFFSPRING.-Still further to enlarge his doctrine. the conceptions of God the address pro-ceeds to show how men are related to by referring to an inscription "to the un-known god," which he had seen on one of ans claimed to be aboriginal, to have the altars, courteously remarking that sprung from the earth, and they regarded resurrection of Jesus, provoked some to the people were exceedingly religious the rest of mankind as inferior. Faul de(verses 22 and 23), not superstitious, as our version has it. It is said that there were thirty thousand idols in the city, and Petronius declared that it "was easier to find a god in Athens than to find a man." And yet these numerous altars failed to satisfy the longings of the heart, Neither had Greek culture, in which art, that all the nations, wherever they might be resurrection of Jeaus, provoked some to the pearing to mockery. This may have been by the mockery. This may have been by the clarest that God had made all men of one plouve, it is may have been by the mockery. This may have been by the clarest that god in the rest of mankind as inferior. Faul demockery. This may have been by the mockery. This may have been by the clarest that God had made all men of one plouve, that both body and soul were dissoived together and dissorbed into the elements, and that when wide family had been divided by the this was done all the life of man was done life." (I Cor. xv, 32.) Others, perhaps the life of man was done life. The life of man was done life of man was do that all the nations, wherever they might be, should seek after Him and find Him, thus producing a universal system of worship (Rom. i, 20); that to assist such wholly in vain, however, for some beapproach He was always near to every lieved, how rindividual; that, in fact, the very life of names only men is constantly derived from Him, so that without Him they could have no being (Col. i. 17); that, in short, men are more is known. Eusebus informs us that

> IDOLATRY.-In support of the last hought, that men are the offspring of 3od, Paul quoted from the Grecian poets, The reference is probably to Aratus, a native of Cilicia, Paul's native province. (Acts xxi, 39.) Cleanthes, who lived about the philosophers, "that the Godhead is like unto gold, or sliver, or stone." Cer-tainly not. He would rather be like man 'a graven image. (Isalah xvi, 5-6.)

exalted Being, who had made all things, ples, neither needing man's gifts, the fa-who governs all things. The pagans sup-posed that their gods had needs which shown that idolatry was opposed to the might be supplied by men and in supply-ing which favor might be obtained. They brought costly offerings of food and practices. (Verses 30 and 31.) He predrink for the gods to consume. This idea of the dependence of god on men, the reversal of the truth, Paul disclaims and of ignorance which might be forgiven if barter, a purchase of a blessing. It must xxv, 31-32.) Past darkness and ignorance, rather be a grateful homage on the one present light and duty, future awards ing and the true God. He had dealt faithfully with those who sought to know

RECEPTION .- How will these students of great questions receive this address? What will they do? One remark, the lieved, how many, no one knows. are given-Dionysius the veal a necessity which it could not supply. Here was Paul's opportunity and text. He boldly announced his mission to declare the Being whom by their unaided powers they had failed to discover. portant event regardless of his future.

CONCLUSION .- The philosophers Greece were representatives of all who is our day assume an attitude of intellectual hostility to revealed religion. No view is which the devotee might construct, or that he would occupy that form at hours of devotion. Paul lets the philosophers know that the God whom he proclaimed children," and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that there is not spirit, and Piutarch "that the soul is ism, the doctrine that the soul is ism, the doctr not only made by Him but begotten by him but begotten by Him," which is very near the Scripture view. (Matt. vi. 2) Relying upon such authority, which his audience ought to respect, the apostle calls attention to the unknowable. Paul's treatment of these folly of idolatry. He does so, however, in the gentlest manner. "We ought not great fundamentals of theiam must be reto think." he says, classing himself with the philosophers, "that the Godhead is dience those conceptions of the God-head for which the Greeks had vainly sought for centuries. With the temple of the Eumenides, the temple of Theseus, the Colossus of Minerva, and the Acropolis in full sight all dedicated to other views, the If anywhere He is to be seen he might be conceptions of the God-head.

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If anywhere He is to be seen he might be conception are not new that these vagaries in religion are not new that these vagaries in religion are not new that they belong to a time of ignorance; that they belong to a time of ignorance; the conception are not new that they belong to a time of ignorance; the conception are not new that they belong to a time of ignorance; the conception are not new that the sential miner is conception. But, alas, some will mock, others will as another hearing, and a few will believe.

nay restore the pulmonary and cardiac action. The Sylveste method is the most pepular, consisting-the patient lying upon his back-of alternate contraction and expansion of the chest, by alternately pressing the arms upon the chest and raising them strongly over the head from twelve to fifteen times a minute, all this of course after the water in the air passages has been emptied by gravitation. The best authorities believe that artificial respiration is often too soon discontinued, and advise that it be persisted in for from thirty minutes to an hour. It should be remembered that the body, until the lungs become filled with water, is buoyant and will float, not high up, but still with its upper surface above water, and the addition of the merest trifle of assistance, such as is afforded by a small board, not to speak of an oar or larger floating body, will enable the head to keep well out of the waves. If then one can have self-possession in the very disconcerting moment of submersion, he may be able to keep himself affoat until ald can arrive, or possibly until he can reach the shore un-

plans of summer excursionists, the list

of summercasualties naturally presents

large number of cases of drowning.

While the great majority of these cases

are beyond recovery before the body is

taken from the water, there are still

many in which artificial respiration, persistently and effectively applied,

Random Remarks on

Chronic lead poisoning results from the slow absorption of lead. Workers in white lead, printers and type founders are especially liable to be affected. metimes it results from using water which has passed through lead pipes or has been stored in cisterns lined with lead. Housekeepers should see that the pipesare well emptied (let the waterrun at least five minutes in the morning) before using the water in the preparation of the breakfast. To prevent lead poisoning one must keep clean-avoid cating in an atmosphere laden with the dust of the metal-respirators should be used in lead factories. Take a dose of epsom salts, two teaspoonfuls to a glass of water, before breakfast once or twice a week. The chief symptoms of lead poisoning are colicky pains about the umbilicus in connection with rigidity and retraction of the abdominal walls; constipation, anaemia, intense headache, pains in the joints, a blue line along the gums near the insertion of the teeth. The curative treatment consists in relieving the constipation by taking epsom salts, taking medicated baths and five grains of potassum iodide three times daily.

The following exercise is said to be excellent for correcting and straightening curved shoulders: Take a perfectly erect position. Place the heels together and the toes at an angle of forty five degrees. Drop the arms by the side inflating and raising the chest to the full capacity, muscularly, keeping the chin well drawn in and the crown of the head feeling as if it were attached to a cord suspended to the ceiling above. Slowly rise upon the balls of the feet to the greatest possible height, thereby exercising all the muscles of more into the standing position withthe upright, straight line. Repeat the exercise, standing first on one foot and then on the other. It is remarkable what a straightening out power it has upon round shoulders and crooked backs, and one will be surprised to note how soon the lungs begin to show the effect of such expansive develop-

To many people hot weather is an insufferable bugbear, and they begin early in the season to try and find a cool place. An eminent physician once said: "To keep cool people usually do the very things that make them hot." For the one who observes cleanliness of the body and a healthy condition of its organs heat is robbed of half its terrors and dangers. A simple but effectual way to keep cool is to take plenty of exercise, to bathe frequently and to be careful of one's diet. The less meat and fat that people eat during the summer the less they will feel the heat. Fruits, vegetables, salads, lobster, crabs and clams are better for the hot days than meats and when the latter are used they should be lean and rare.

Sprains are sometimes fully as painful and disabling as fractures, and like fractures they should not be made the object of unnecessary meddling. No injury is more frequent with the summer tourist than the sprain, particularly of the ankle. The mode of vacation life, with its admixture of athletic sports and unaccustomed exercise, particularly pre-disposes to this accident. The laity should learn to avoid arnica, turpentine and other abominations in favor of immediate immersion in hot water for a considerable period, followed by elevation of the extremity and gentle retention of the parts by a bandage, the material for which may well consist of clastic flannel.

If the wrists become tired while one is riding the blcycle, an authority suggests resting them by holding the handles with the palms turned up. If the elbow joints grow weary and begin to ache sit up straighter, and thus change the angle of the arm. Leaning over causes backache and a contraction of the muscles of the chest. Do not let the body stiffen when one is on a wheel. It prevents graceful riding and will cause uncomfortable straining.

In convalescing from gastritis, eat no meat for one week; eat the following only: Baked potatoes, crackers, toastdry-and milk; lettuce, tomatoes-raw, baked or stewed; peas, beets, asparagus, string beans, milk, soup, meat broths of all kinds, and eggs, tea, coffee, cocoa or chocolate. At the end of one week once a day-brotled beefchops, roast meat or chicken. In two weeks, if there be no pain or discomfort, resume your regular mode of liv-

The following is given as an excellent emedy for ivy poisoning: Wash the affected part with hot water and castile soap, rince and dry, and dab on a preparation composed of the fluid extract of grendelia robusta, one-half ounce to pint of water; dab on several times daily and allow to dry without wiping.

A good remedy for pains in the lungs and chest is the tincture of lodine. Paint it on the chest from the neck to the waist, also on the back between the shoulder blades, night and morning every day until the skin peels; discontinue and use as before when the skin is healed.

To quiet the nerves and insure sleep take ten grains of the bromide of sodium in cold water at 3 p. m. Go to bed

As the water enters largely into the at 10 o'clock and repeat the dose afdark, cool room (having fresh air admitted from an open window.)

Health and Hygiene.

An experienced bicycle rider says that one should take a long breath into the lungs before attempting to ride uphill, and that only a slow, steady gait should be maintained. Steep inclines should be walked up, as that rests the whole body after a steady "spin."

To cure bunions wear stockings and shoes both too long for the feet. To relieve the pain and swelling of the feet soak the feet in hot water for ten minutes several times a day.

THINGS WE OUGHT TO KNOW.

That breakfast should be nourishing but never heavy.

That slamming the door of the over will cause the cake to fall, That a rich cake raised with eggs requires a very stiff batter.

That a plain cake requires a quick

oven, a rich cake a slow oven. That luncheon should always come from the dinner of the night before, That puddings will be heavy if alwed to stop boiling for an instance.

That a cake made with baking power requires a moderately thin batter. That every bit of fat should be put aside and rendered and used for fry-

That a tempting breakfast dish can be made from the cold fish left from

That more bread than will be eaten should not be cut-rather cut the sec-

That chocolate icing may be smoothly spread by dipping the knife in boil-

That the faults of servants and the misdemeanors of children should never be discussed at meals.

That a refined home may be kept with small means if the wife and mother is of a refined nature That dinner should be the principal meal of the day and should be care-

fully planned and daintily served. That a cake made without baking powder remains fresh much longer than one in which baking powder is used.

That a cupful of cold mashed potatoes will, with the addition of two eggs, some butter, and seasoning, make a palatable dish of croquettes.

Where Marriage Was a Failure.

After a San Diego man got a divorce from his wife the other day he went home and found her there. She asked him to sit down to dinner, after which she asked him how he liked the new

"First rate, but I can't understand

"Oh, that's all right," she replied, we can live this way in contentment. The other way we quarrel. Now, then, suppose you retain me as housekeeper Twenty dollars a month and board is all I ask."

This struck the ex-husband favorably, and the bargain was closed on the spot. The couple have not had a the legs and body, and then drop once sign of trouble since, although they were in hot water for thirty-two years, dare not quarrel now, for fear one will leave the other in the lurch. He must have his meals cooked and she must have a place to stay. Together they are happy now, and the bargain promises to last to the end .- Nebraska State Journal.

Flowers.

Flowers should nev e placed in vases that are not suitable to their especial size and style. A stately chrysanthemum should never be placed in a small fragile looking vase, nor should violets and pansies be put in tall, heavy-looking holders. Unless you have an artistic perception of color and harmony, it is best not to try to combine different kinds of flowers in the same bouquet. Dainty, delicate looking blossoms should be given the daintiest possible "setting," and the rich, tropical flowers must be placed in Oriental surroundings to properly emphasize their splendor.

No More Use for Pillows.

Sleeping without pillows under the head is said to be conducive not only to sounder sleep, but to a more graceful carriage and a stronger, straighter spine. The habit of placing large, heavy pillows under the head should never be contracted, and a medical authority says only a small, flat pillow should be used. Children should be taught to sleep on a flat, straight bed. A slight slope is not objectionable, and instead of using a pillow to make it, slip an extra slat or two under the frame of the spring mattress at the head, making the slope about three

Soft Water for the Skin. Here is a recipe for a good water-

softener in the form of a powder: California borax, in powder, half an ounce; white castile soap, powdered, half an ounce; orris root, 2 ounces; wheat fleur, 2 ounces; almond meal, 3 ounces; oil of bitter almonds, five drops; oil of bergamot, one drachm; mix thoroughly. Add a tablespoonful of this to the water in which you intend washing the face, about two hours before using. A cheaper powder may be made by mixing together 3 ounces of fine-ground catmeal, 3 ounces of fine almond meal and half an ounce of California,

For Baldness.

For baldness, try the following tonie: Liquid ammonia, almond oil and chloroform each one part; alcohol, five parts; oil of lemons, one dram. Apply freely and often after first thoroughly brushing the hair. This is mild stimulant and perfectly safe.

SCIENTIFIC COOKING.

Give me a spoon of olea, ma, For I am going to bake a pie, mamma, I'm going to bake a ple. For John will be hungry and tired, ma, And his tissues will decompose And the carbon and cellulose.

Now give me a chunk of caseine, ma, To shorten the thermic fat; And hand me the oxygen bottle, ma, And look at the thermostat; And if the electric oven's cold Just turn on half an ohm. As soon as John comes home.

Now pass me the neutral dope, mamma, And rotate the mixing machin But give me the sterilized water first, And the oleomargarine, And the phosphate too, for, now I think, The new typewriter's quit, And John will need more phosphate food To help his brain a bit.

-New England Magazine.