

Health & Beauty Hints

By Katherine Morton

"I would like some formulas for harmless beauty materials, some simple powder or rouge that won't show too much or hurt my skin."

Harmful cosmetics there are in plenty, but with the average articles their abuse is in the method of employment. The skin must be well prepared so as to resist even the least tendency to hurt. The cleansing night bath must be a sacred rite, and there must always be some consideration for the ethics of taste. So the powder and rouge that "won't show too much" are the only sort to use. Fashion allows them and issues every year attractive pots and dainty boxes and stoppered bottles filled with the dusts and pastes and philtres her daughters demand.

"But use them with prayer and fasting," she commands, which is to say decently. Fairy gifts can never be squandered.

Now, my dear reader, have you ever heard of that wonderful liquid white called in the old days "magnolia balm," "pearl liquid," "beauty's delight," and so on? But then the name counts for nothing—remember "the rose by any other name," etc.—what I wish to say is that this face wash is still put up under countless new titles, and that it can be made at home with the utmost ease.

When correctly applied, a good liquid white is a veritable fountain of youth, and, as said before, the skin must first be prepared and the pores kept open at night with careful cleansing.

A very old formula for one of these liquids is as follows:

- Pure oxide of zinc..... 4 drams
- Glycerin..... 2 drams
- Orange-flower water..... 2 drams
- Tincture of benzoin..... 10 drams
- Tincture of violets..... 15 drops
- Essence of violets..... 15 drops

Dissolve the zinc in just enough of the orange flower water to cover it; add the tincture to the glycerin and then the rest of the perfumed water; when these last are thoroughly mixed stir them into the prepared zinc and then add the essence.

This can be faintly tinted with a few grains of good carmine, but unless the coloring is very expertly done the white would be ruined. So it is far better to apply a sopcon of rouge after the white has been smoothed down. As a last move, a touch of dry powder would further the look of naturalness. The bottle of liquid white must always be shaken before using and kept stoppered so that the dust cannot get in.

Prepare the face for the make-up by rubbing a little good cold cream into the skin, massaging it down into the pores and at last rubbing off the residue with a soft bit of old towel. Use a bit of absorbent cotton for applying the liquid white and rub the balm over the skin as evenly as possible; when it has dried, take another bit of cotton or cloth and smooth the white down until the artificial look has gone, leaving only the hint that your complexion looks better than usual.

Only a dry rouge can be used with a liquid white, and this had better be applied with a hare's foot, as the hairy little puff at the bottom of this gets the red on evenly. Put the red only at the point where the natural color usually appears—faintly, faintly. And be careful of getting too much white on the nose, for this member won't stand much rubbing, and that awful whiteness of the nose is what gives the face an artificial look.

About the very best powder I could advise would be a good talcum, which is sufficiently adherent and is absolutely harmless. In fact, owing to its fineness, talcum is all but imperceptible when well put on, and it never changes color, as do the fancy powders, and has the additional advantage of being cooling to the skin. If there is the least eruption at any time, a talcum should certainly be used in place of a liquid white, and if it is carbolicized—many sorts are—it will have an additional advantage. A plain talcum, which sells for about fifteen cents a box, can be sweetened up any time with a few fragrant flowers. One girl I know scents her plain powders, talcum, rich starch, wheat starch and prepared chalk, with orris root. Dried lavender can be used in the same way, a little bag of it shut up with the powder and the two left to kiss and shake hands until the little perfume is distilled.

KATHERINE MORTON.

The KITCHEN CABINET



O H, IF the berry that stains my lips
Could teach me the woodland chat,
Science would bow to my scholarship
And Theology doff the hat.

A FEW SALAD OR LUNCHEON ROLLS.

Bread should have a sweet, nutty flavor, never a flavor of yeast. The quick breads which may be made in three to five hours are all right for an emergency, but for every day living the better bread is made with a small quantity of yeast.

Swedish Rolls.—Take a pint of scalded milk, a cake of compressed yeast or half a cup of the liquid yeast, half a cup of luke warm water, three eggs, a half cup of butter, a half cup of sugar, a teaspoonful of salt. Make a sponge and prepare the dough as in all biscuit mixtures made with yeast. When light, roll into a sheet a fourth of an inch thick, brush with butter, sprinkle with sugar and cinnamon and currants; roll up like a jelly roll, cut in rounds and set on end, side by side, in a pan; when light bake about half an hour. When baked brush with egg and milk, or sugar and milk and return to the oven to brown.

Tomato Biscuit.—Roll a light dough made like French bread, of a cup of warm water, a half a yeast cake, a half teaspoonful of salt, and four cups of flour. Use two cups of the flour to make the dough and half of the water. Knead well and shape in a small ball. Make two cuts in the top about a fourth of an inch deep, then place the ball in a small sauce pan of tepid water, cut side up. In a few minutes the ball will begin to swell and float on the top of the water. When quite light, remove it with a skimmer to a bowl containing the salt and the rest of the water. Stir in enough flour to make a dough stiff enough to knead, nearly two cups, and let stand in a warm place until light. Roll out the dough in a sheet half an inch thick, cut in four-inch squares, brush the corners with cold water, then fold them over to meet in the center; press the corners down upon the dough below. Arrange in a biscuit pan so that they will just touch each other, brush with melted butter; when risen to double in bulk brush again with butter and bake.

German Coffee Cake.—Soften a yeast cake (compressed) in a fourth of a cup of water; add two cups of scalded milk, cooled, and flour to make a batter. When light add four eggs beaten without separating, one cup of melted butter, one cup of sugar, the juice and rind of a lemon, a teaspoonful of salt. Knead and when light roll in a sheet, butter and sprinkle with almonds chopped fine.



LANT flowers in the soul's front yard.
Set out new shade and blossom trees,
An' let the soul once freeze an' hard,
Sproit crocus of new ideas,
Yes, clean yer house, an' clean yer shed,
An' clean yer barn in ev'ry part;
But brush the cobwebs from yer head,
An' sweep the snowbanks from yer heart.
—Sam Foss.

SOME GOOD OLD FASHIONED DISHES.

For those who prefer to make their own mustard to use on the table for corned beef and cabbage, the following is a good one to prepare:

German Mustard.—Mix one-half a cup of dry mustard with a fourth of a cup each of salt and sugar and a fourth of a teaspoonful of cayenne. Stir in two tablespoonfuls of melted butter, the juice of one onion and vinegar to make a thin paste.

The story is told of a fussy man at a hotel in the west who sat down to a dinner of pork and beans. He remarked to the landlord that he never ate pork and beans. The landlord replied: "Then help yourself to the mustard." He was not lacking in hospitality as long as there was mustard that wasn't refused.

Berry Muffins.—Mix thoroughly two cups of sifted flour, one-half teaspoonful of salt, two teaspoonfuls of baking powder. Cream one-fourth of a cup of butter, add a half cup of sugar and the well-beaten yolk of one egg, a cup of milk and the flour mixture; beat well. Add the white of egg beaten stiff, and stir in a heaping cup of well-washed blueberries, drained and rolled in flour. Bake in muffin pans about 20 minutes.

Fried Apples.—Core and pare the apples, cutting in thin slices. Lay in a granite pan with butter, sprinkle with sugar and place in the oven to bake until tender. Serve around fried sausage. The apples may be fried in some of the sausage fat, adding a little sugar.

Serve hard sauce in the halves of lemons or oranges, decorate the edges with a scallop if liked.

Hellie Maxwell.

Stereotyped Reply.

Mrs. A.—Well, if it isn't Mrs. B. What a stranger you are! Why, it's quite five years since I saw you.

Mrs. B.—Yes. Why haven't you been to see me?

Mrs. A.—Oh, dear! you know how bad the weather's been.

OLD AND NEW WORLD BRIEFS FOR THE BUSY

The Board of Bishops of the Methodist Episcopal Church recommended the rescinding of the rule against certain so-called worldly amusements.

George E. Marsh, the Lynn, Mass., soap manufacturer, who was murdered recently, left many bequests to charities in and around Lynn.

The Detroit budget for the next fiscal year calls for \$9,000,531, compared with \$7,311,161 for the current year.

The Council of Ministers at Constantinople decided to reopen the Dardanelles under the same conditions as prevailed before the closure on April 18.

Mrs. L. O. Martin of Columbus, Ga., shot and killed a farm hand who, she says, insulted her. She was not arrested.

It was announced at Constantinople that the Archipelago American Steamship Company's steamer, the Texas, was sunk in the Gulf of Smyrna by a shell fired from a fort, and not by a mine, as at first reported.

Secretary Knox left Washington for New Orleans and the Pacific Coast; he will be absent from Washington until May 15.

The German Centrists will introduce a bill in the Reichstag, making dueling in the army a penal offense and involving the instant dismissal of any officers who take part in such affairs.

The army transport Buford sailed from San Francisco for the west coast of Mexico to relieve distressed American citizens there. Refugees arriving at San Francisco told of the brutal murder of an American citizen by outlaws.

THE MARKETS.

(New York Wholesale Prices.)

MILK.—The wholesale price is 3/4¢ per quart in the 26c zone or \$1.61 per 49-quart can delivered in New York.

Butter.
Creamery, specials..... 36 @ 37 1/2
Firsts..... 34 @ 35
Seconds..... 32 @ 33
Thirds..... 29 @ 31
State, henney, fancy..... 21 @ 22 1/2
Good to prime..... 19 @ 20
Common to fair..... 15 @ 17

Eggs.
State, Pa., and nearby, henney..... 22 1/2 @ 23
State, Pa., and nearby, selected white, fair to good..... 21 @ 22
Gathered brown, mixed colors..... 19 1/2 @ 20
Brown, henney, fancy..... 21 @ 22 1/2
Western gathered, white..... 20 1/2 @ 21 1/2
Extra..... 21 1/2 @ 22 1/2
Duck eggs..... 23 @ 24
Duck, Ky. and Tenn..... 21 @ 22
Duck eggs, western..... 19 @ 20
Goose eggs..... 25 @ 27

Live Poultry.
Fowls, via freight, per lb..... 14 @ 14
Roosters, per lb..... 10 @ 10
Turkeys, mixed hens and toms..... 13 @ 13
per lb..... 14 @ 14
Geese, per lb..... 8 @ 9
Guinea, per pair..... 6 @ 6
Pigeons, per pair..... 3 @ 3

Vegetables.
Asparagus, dozen bunches..... 1.00 @ 1.25
Artichokes, per drum..... 3.00 @ 4.00
Beans, Florida, per bushel..... 1.00 @ 1.25
Beets, S. C., per 100 bunches..... 1.00 @ 1.25
Beets, old, per barrel..... 1.00 @ 1.50
Carrots.....
S. C., per 100 bunches..... 1.00 @ 1.25
New Orleans per 100 bunches..... 1.00 @ 1.25
Old, per barrel or bag..... 3.00 @ 3.50
Cucumbers, Fla., per basket..... 1.00 @ 1.50
Cabbages.....
S. C., new per crate..... 2.00 @ 2.75
S. C., new, per basket..... 1.00 @ 1.25
Fla., new, per crate..... 1.00 @ 1.25
Fla., new, per basket..... 1.00 @ 1.25
Fla., new, red, per crate..... 2.00 @ 2.50
Fla., new, red, per basket..... 1.00 @ 1.25
Chicory, per barrel..... 1.00 @ 1.25
Per basket..... 2.00 @ 2.50
Egplant, Fla., box or bskt..... 2.00 @ 2.25
Escarol, N. O., per barrel..... 1.00 @ 1.25
Horseradish, per 100 lbs..... 3.50 @ 4.50
Kale, per barrel..... 20 @ 20
Kohlrabi, N. O., per 100 bchs..... 3.00 @ 3.50
Lettuce, per basket..... 1.00 @ 1.25
Lime beans Fla., per basket..... 2.00 @ 2.50
Onions.....
Bermuda, per crate..... 1.00 @ 1.25
Domestic, old, crate or bag..... 1.50 @ 1.75
Okra, per carrier..... 1.00 @ 1.25
Peas, per basket..... 1.25 @ 1.50
Peppers, bbis, boxes or carriers..... 1.00 @ 1.50
Parsnips, per bbl..... 2.50 @ 3.00
Romaine, per basket..... 50 @ 75
Per barrel..... 2.00 @ 2.50
Per box..... 75 @ 1.25
Radishes, per barrel..... 75 @ 1.25
per basket..... 40 @ 1.25
Rhubarb, 100 bunches..... 1.50 @ 2.00
Shallots, per barrel..... 3.00 @ 4.00
Spinach, per barrel..... 1.50 @ 2.50
Squash.....
Fla., white, per box..... 1.00 @ 1.25
per basket..... 50 @ 75
Yellow, crooked-neck per box..... 1.00 @ 1.50
Culls, per box..... 1.00 @ 1.25
Old, Hubbard, per bbl..... 1.00 @ 1.50
Turnips, Rutabaga, per bbl..... 1.00 @ 2.00
Tomatoes, Fla., per carrier..... 1.00 @ 1.25
Watercress, per 100 bunches..... 1.00 @ 2.25

Hothouse.
Cucumbers, No. 1, per dozen..... 50 @ 75
No. 2, per box..... 2.50 @ 3.50
Culls, per box..... 1.00 @ 1.25
Cauliflowers nearby, per dozen..... 2.00 @ 3.00
Lettuce, per dozen..... 25 @ 75
Mushrooms, per bushel..... 4.00 @ 5.00
Mint, per dozen bunches..... 50 @ 75
Radishes, per 100 bunches..... 1.00 @ 1.50
Tomatoes, per lb..... 10 @ 25

Potatoes.
Bermuda, new, No. 1, per bbl..... 5.00 @ 7.00
Bermuda, new, No. 2, per bbl..... 5.00 @ 7.50
Fla., new white, No. 1, per bbl..... 5.00 @ 5.50
Fla., new white, No. 1, per bbl..... 4.50 @ 5.00
Fla., new, No. 2, per bbl..... 3.00 @ 4.00
Fla., culls, per barrel..... 2.00 @ 3.00
Idaho, per 100 lbs..... 3.50 @ 4.00
State, per bag..... 3.50 @ 3.75
Maine, per 100 lbs..... 3.75 @ 4.00
Maine, per bag..... 3.50 @ 4.00
Cotton, per bag..... 3.50 @ 4.00
Sweets, Jersey, No. 1, per bskt..... 1.25 @ 2.00
Sweets, southern, per bbl..... 2.50 @ 3.00
Yams, southern, per bbl..... 2.00 @ 2.50

Live Stock.
BEEVES.—Medium to choice steers at \$7.40; 8.65 per 100 lbs. Oxen sold at \$4.70; bulls \$4.95; 7.15; 1 fancy bull, \$7.40; cows, \$2.65; 6.25. Dressed beef steady.

CALVES.—Common to choice veals at \$7.00; 7.25 per 100 lbs.; culls, \$5.75; 6.00. Dressed calves at 11 @ 14; choice, 15¢ for city dressed veals, country dressed at 9 1/2 @ 13.

SHEEP AND LAMBS.—Common to fairly good unshorn lambs at \$9.50; 10.50 per 100 lbs.; clipped lambs at \$8.50 @ 10; clipped culls at \$7.50; common clipped, ewes and bucks at \$6. Maryland spring lambs at \$6 per head. Dressed mutton at 12 1/2 @ 16¢ per lb.; dressed lambs at 17 @ 19¢; country dressed hothouse lambs at \$4 @ 7 per carcass.

HOGS.—\$8.25 per 100 lbs. Country dressed hogs at 7 @ 10¢ per lb.

HAY AND STRAW.—Hay, large bales, timothy, prime, 100 lbs., \$1.85; No. 2, \$1.70; No. 1, \$1.10 @ 1.60; shipping, \$1.30 @ 1.35; clover, mixed light, \$1.50 @ 1.55; heavy, \$1.40 @ 1.45. Straw, long rye, \$5 @ \$1.00; oat, 75 @ 80¢.

Spot Markets at a Glance.
Wheat, No. 2 red, elev..... 1.20 1/2
Oats, standard..... 63 1/2
Flour spring patent, bbl..... 5.70
Corn, steam, yellow No. 2..... 1.10
Lard, prime, 100 lbs..... 11.40
Tallow, city hds..... 9 1/2 @ 10
Pork, mess, 7 lb..... 20.75
Coffee, Rio No. 7, lb..... 14 1/2
Tea, Formosa, lb..... 14
Sugar, fine, gran., lb..... 15.20
Cocoa, Taylor, 50 lbs..... 38.50
Butter, creamery..... 38
Cheese, specials..... 15 1/2
Eggs, fresh..... 11.40
Cotton.....
Tobacco.....
Havana R. D..... 55
Cann., wrapper..... 60

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute of Chicago.)

LESSON FOR MAY 12.

THE LAW OF LOVE.

LESSON TEXT—Luke 6:27-38; Rom. 13:8-10.

GOLDEN TEXT—"Thou shalt love thy neighbor as thy self."—Rom. 13:10.

Jesus set forth while seated upon the mountain delivering what is usually termed as the Sermon on the Mount, those principles the working out of which have changed the history of mankind. Last week and the week before there, were presented principles that in their application are the very opposite to the natural desires of the human heart. In this lesson we have the summary, the conclusion of the whole matter, and next we shall study some of the applications of these new principles.

"I say unto all you who hear." Not all who listened that day, even among the disciples, really heard what Jesus was saying. As for illustration these truths did not grip the heart and life of Judas. So it is today, having ears to hear they hear not. Jesus commands those having ears to hear but cautions them to take heed what he hears and adds that to us who do hear, shall yet more be given. (Mk. 4:24).

Things It Teaches and Why.

"Love your enemies" is not alone a teaching of the Christian faith. It may be found under the old Jewish dispensation and even among heathen philosophers but in each of these instances it does not convey the impression nor carry with it the command it does when Jesus utters these words. The life of Jesus is a wonderful exemplification of the truth he is seeking to teach. In his case the words are a command and the execution of that command he promises, later, to make possible to all of his followers by the aid of the Holy Spirit. We are to pay for curses with blessings, and for insults by prayers, and the man who so conducts his life shall be happy. "Oh," but someone exclaims, "have I not certain inalienable rights? Does not the other fellow's liberty end where my nose begins?" Certainly we have rights but the right to suffer for Christ's sake is far greater than our right to defend ourselves. God will attend to our rights provided we obey his word. True those who ask may be unworthy, but God is kind to the unworthy as well as to those who are worthy. It is noticeable that Jesus does not tell us to give to every one who asks that particular thing that is asked for; God does not thus answer our petitions. Ofttimes requests come the literal granting of which we know would be detrimental to the best interests of the petitioner or perhaps work hardship upon those dependent upon us. For illustration, the granting of whisky to a drinking man; giving money to a street beggar when bread is needed by the children or others whom God has intrusted to our care. Many foolish and fanciful interpretations and applications have been made of these words.

Application is Definite.

The simple application of the Golden Rule is however a very definite, positive and comprehensive matter, vastly different from the negative proposition of Confucius.

"As ye would, so do ye." Do you want friends? Be friendly. Do you want others to sell goods to you? You must buy them. Do you wish to have others talk about you at your backs? Then you begin at once to talk about others at their backs. Love expressed merely for those who love us will soon dry up, the circle constantly growing smaller. That is simply refined selfishness. See verses 32 to 34. It is in these opposite traits we are to set the distinguishing marks of a Christian.

We should recall the contrasts Jesus gave in this whole passage. The rich and the poor, the woes and the joys, the well spoken of and those of his kingdom who shall be hated. To love those who love us not, to do good to those who despitefully use us, to lend not expecting any return.

Who is sufficient for these things? Those who are in deed and in truth citizens of this new kingdom. Paul sets not only a strong emphasis upon the teaching of Jesus, but he expressly refers to the Mosaic commandments, enumerating four of them, and adds that, if these do not include the others—"if there be any other commandment"—it can be kept when a man obeys this obligation to love his neighbor. Indeed, how can we say we love God, whom we have not seen if we love not our brothers, whom we have seen?

Paul's picture of heathenism in the first chapter of Romans is a striking illustration of the lack of this redeeming trait of love. Well may we pause and ask this question, "What have I done today that only a Christian would do?" There is absolutely no fixed standard of morals, they are dependent upon many modifications of time, surroundings, culture, etc., but the Christian has here an absolutely fixed standard whereby to govern his life and actions. He is to love those who love him not; to be kind and merciful; not in words only but in deeds of kindness.

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As soon as a woman discovers that she is unable to reform her husband she begins on her neighbors.

Fell. Mrs. Murphy—So you son Dinns fell from his airplane? Sure, O! thought he was learnin' to fly in a correspondence school.

Mrs. Casey—He was, but he shotpopped short in the middle of a lesson.—Lippincott's.

Might Not Get the Children. A young lady of ten was discussing her future with her mother.

"Yes, mommie," she said, "I shall get married and I shall have four children."

"That will be nice!" commented the mother.

"No!" continued the young lady after a minute or two of deep thought. "Maybe I won't have four children. I might marry a bachelor!"—Saturday Evening Post.

Having Fun. The brilliant wit of the bar looked at the moon-faced farm laborer and winked at his friends and whispered, "Now we'll have some fun."

"Have you been married?" he began.

"Ye-es," stammered the laborer, "once."

"Whom did you marry?"

"A w-woman, sir."

"Come, my good man, of course it was a woman. Did you ever hear of any one marrying a man?"

"Ye-es, sir; my sister did."

What's the Use of Cooking

When you don't have to?

Post Toasties

are skillfully and fully cooked at the factory—ready to serve direct from package with cream and sugar if you like.

These thin bits of toasted corn (sold by grocers) are crisp, delicious, satisfying and convenient.

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Timely Advice and

Hints for the

Hostess

By Mae, MERRI

A Puzzling Question.

I have been going with a young man for some time, but lately he keeps breaking engagements with me. I asked him why, and he always gave some excuse. At last I have gotten tired of this, so asked him out and out if he cared to come up any more. He said he did, but made no further engagement. I care a great deal for this young man. What would you advise me to do in regards to such a matter?

I have written you some letters before but my answers never appear in the paper. May I ask if I have made any mistake, and why they do not appear?—B. H.

Perhaps your letters have been among the many that request a reply "in next Sunday's paper." That is utterly impossible, for the department is always made up in advance and then by that time probably a reply would be too late for your purpose. Then, too, there is only a very limited space for "Questions and Answers," and each letter has to take its turn. About the young man, it never does seem to be too anxious. I think I would just let him go his own sweet way, appear indifferent, and if possible go with some one else. If this process does not bring him to time, he is not worth worrying over.

A Budget of Questions.

If it is proper for a young man to walk between the mother and daughter when out, if it is better for the young man to walk on the outside and beside the daughter and the mother next to her and on the inside? I have always wished I knew if a young lady should help a gentleman with his overcoat in a public place, such as the theater or restaurant?—Grace.

A man walks on the outside, never between two women. In the case mentioned he would walk next to the daughter. Never assist a man with his overcoat, either at home or in a public place, unless he be very old or incapacitated in some way. Young men are perfectly capable of getting into their coats.

From a Bride-Elect.

I have often found just what I was looking for in your column. I am to be married soon, and will wear my "going away" suit in place of the usual wedding dress. Do I wear my hat, gloves, etc., during the ceremony?

What about the bouquet? Is the wedding ring to be worn