

FACTS AND FANCIES FOR THE FAIR

New York City.—Norfolk jackets are inherently smart and jaunty and are in the height of present styles. Corduroy, velveteen, cheviot, cloth and



NORFOLK JACKET.

all similar materials are so made and are ideal for walking, shopping, business, golf and all out-door occupations. The original, from which the drawing was made, is of black camel's hair cheviot, with smoked pearl buttons, and makes part of a costume, but the design is suited to separate wraps also.

The back is snug fitting and includes a centre seam that is curved to the figure; the fronts are fitted by darts which are concealed under the applied pleats. The pleats are graduated in width, so producing a tapering effect at the waist and are applied over the jacket. The belt, which is merely an

half an inch, the outside edge of the color finishing in an inverted scallop just inside the hemstitching. Other handkerchiefs have a round circle of color inside the hem. This is not as pretty, as, being printed, it is not quite alike on both sides. There is comparatively little difference, however, for the handkerchiefs are very sheer, and the color shows through. The girl who carries a colored handkerchief is apt to wear a little turnover of the same color with her stock.

Prettily Trimmed.

Very pretty in a gown of fine white net was the introduction for trimming of tucked batiste in narrow bands set into the skirt some distance from the edge. The front of the skirt around the lower edge was slashed up at intervals, lapels were turned back from these slashings and formed of the tucking.

The New Storm Collars.

The new storm collars are more becoming than those high, outstanding shapes which ruffled the hair and the temper, too. Never were collars so uncomfortable, but the newer shapes are more like a man's turnover collar when it is turned up in bad weather and are, moreover, of a reasonable height.

The Reign of the Rose.

From the sizes of the blossoms of nature from which they are copied to very enormously magnified sizes, the roses for this season are made of light, thin silk, satin and velvet—in some cases of a combination of these materials—in both natural and conventionalized colorings, and mounted most frequently without foliage—



A MODISH FANCY WAIST

ornamental feature, passes under those at the back and terminates in pointed ends over those at the front and can be omitted when the jacket is preferred plain.

The yoke is pointed and the neck is finished with a regulation collar that rolls over with the fronts to form lapels. The sleeves, in coat style, have flaring pointed cuffs that open at the back.

To cut this jacket for a woman of medium size five and one-half yards of material twenty inches wide, two and three-eighths yards forty-four inches wide or two yards fifty inches wide will be required.

Woman's Fancy Waist.

Fancy waists are in great demand both for odd bodices and entire costumes designed for indoor wear. The very pretty May Manton model shown in the large drawing is adapted to both purposes equally well and admits of many combinations. The original is made of pale pink Satin crepe, with bolero and deep cuffs of cream lace over white and bands of black panne satin; but all white, white with color, or any color banded with the same shade in velvet would be effective. In addition to which the bolero and cuffs could be made of panne or Persian brocade in place of lace.

The lining includes double darts, under arm gores and side-backs, and fits snugly and smoothly. On it are arranged the several portions of the waist and the two close together at the back beneath the centre box pleat.

The yoke is simply banded with folds, but the lower portions of back and front are laid in narrow box pleats that extend from its lower edge, beneath the bolero to the belt. The bolero can be made entirely separate and the waist worn with or without or caught at the upper edge and included in the arm-eye seams. The sleeves are novel and becoming. The lower portions are covered smoothly to form cuffs that flare over the hands, while the pleats of the upper portions fall free to form puffs at the elbows. When desired low neck and with elbow sleeves the yoke and cuffs can be omitted.

To cut this waist for a woman of medium size three and a quarter yards of material twenty-one inches wide, two and seven-eighths yards twenty-seven inches wide, one and three-fourths yards forty-four inches wide or one and five-eighths yards fifty inches wide with one and one-fourth yards of all-over face for bolero and sleeve facings will be required.

Modish Handkerchiefs.

Colored handkerchiefs show a rather wide hem, perhaps something over

leaves in silk or velvet generally appearing if leaves are seen in the garland or cluster.

Girl's Double-Breasted Coat.

Long coats are always becoming to little girls. The admirable May Manton model given has the advantage being equally good style with or without the cape and hood, and is suited to many materials, besides being in the height of style. As shown it is made of kersey cloth in tobacco brown, the hood lined with figured silk, but covert cloth, broadcloth and velvet are all correct. The cape and hood may also be made as a separate garment. The coat proper is half fitting at the back, but loose at the front and includes regulation coat sleeves and pockets finished with over-laps. The cape is circular fitted with single darts at the shoulders and is a becoming feature. The hood falls over the shoulders in graceful folds and finishes in double points at the back. At the neck is a collar that can be made in roll-over or ordinary style as preferred.

To cut this coat for a girl of eight years of age four and one-half yards of material twenty-seven inches wide, two and seven-eighths yards forty-four inches wide or two and one-fourth yards fifty-four inches wide with one-half yard of silk to line hood will be required when cape and hood are used; three and one-half yards twenty seven



COAT FOR A GIRL.

inches wide, two and one-half yards forty-four inches wide or one and three-fourths yards fifty-four inches wide when coat is made plain.

FARM AND GARDEN.

The Value of Straw.

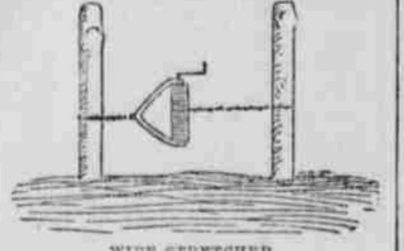
Straw is valuable on the farm, not only because it can be used for food, but also because it can be made to assist in retaining warmth in the stalls in winter. If cut in a feed cutter and used for bedding it will prevent draughts of air along the floors, and it can then be swept out with a broom and mixed with the manure, being a much better absorbent than if used uncut.

Loss in Keeping Inferior Stock.

The farmer reduces the value of his own labor by keeping inferior stock, or failing to secure large yields of crops, as the higher the prices, and the greater the production, the better the remuneration for the labor bestowed. There are periods when the farmer cannot perform work in the fields, for which reason he should aim to get his crops under shelter as soon as possible in order to do some kinds of work which can be performed inside the barn.

A Wire Stretcher.

It often presents a serious difficulty in building a wire fence to keep the wire taut while fastening it to the post. The device illustrated here pre-



WIRE STRETCHER.

sents the advantages of cheapness, simplicity and efficiency. The roller is made of wood, turning on a stout iron rod, and is fastened to the post with a chain and hook. Stretch the wire by attaching it to the roller and turning crank, staple finally and move the stretcher on several rods, then repeat the operation. The contrivance can be made at home easily and cheaply.—The Epitomist.

Bots in Horses.

There are many charges laid against bots, but it is doubtful if they ever really merited any of them. The bot is developed in the stomach of the horse from the egg of the gaddy, which is laid by the mature female somewhere on the skin where the horse can lick itself readily. The right side of the equine stomach is lined with a velvety appearing substance that secretes the gastric juice, and to the tougher lining of the left side the bots attach themselves after hatching out. They adhere to this tough lining by two small hooks, but they are not provided with mouths, and hence cannot eat. They are nourished by the absorption of digested food through their skin.

That shows why there is no truth in the story that the stomach of the horse is sometimes eaten through by bots. They cannot thus destroy the stomach, for they cannot and do not eat. The bot adheres to the lining described through one season, till the following spring, when in the course of their growth the hooks let go and the bots are carried on down through the intestinal tract until they are voided. Their subsequent growth to the mature gaddy need not be detailed. Then the female lays her eggs again, and the round goes on as before. No medicine that can be given the horse will kill the bots. Anything that can get through their skins will first destroy the stomach of the horse.

So nothing can be done to get rid of bots, and no fear need be entertained that they are going to do any great damage to the horse. Nature does not plan to destroy in such tremendous degree as would ensue if the bots could eat the lining of the horse's stomach. They may interfere somewhat with digestion, if present in enormous numbers, but in that way only, and the writer can say with all truth that he never knew any serious case of equine illness due solely to bots.—The Horseman.

His Experiences of Great Value.

We have been putting up ensilage for the last fifteen years, and have experienced considerably during that time, both in raising the crops and putting them up. We use about eight quarts of seed per acre. This makes the stalks about eight inches apart in row, with rows three and one-half feet wide. Nearly every stalk will produce one well grown ear. We find by using that amount we can get more weight of stalks than by using more seed. We have used as high as two bushels per acre, but seeded less each year, until we reached eight quarts. This amount we think about right, and have used it for the last five years. We use any variety of corn that will mature in Northern New Jersey.

We commence to fill the silo as soon as the most forward ears begin to pit, or if flint corn is grown, as soon as it begins to glaze. The bulk of the crop will be in the dough state. If a large crop is to be siloed would commence earlier, or the last will be past its best before the job is finished. We cut in half-inch pieces, using a six-horse power engine. I would, however, recommend an eight-horse power. It is necessary to run with about 100 pounds of steam with the small engine, while the same work will be done with the larger engine with eighty pounds or less. One man is kept in the pit to keep it level and well tramped, especially around the outside and corners. It requires three teams and eight men to keep things going to the best advantage. One team and man with the corn harvester to do the cutting, two men to load in the field, two men and two teams with three wagons to haul, and two men at cutter. With this force we filled our pits in less than seven days last year. We have two pits, 14x11x22 feet deep, two 14x10x20 feet deep, holding about 250 tons of silage.

We have never found it necessary to use any water on the corn while filling. After the pits are full, we let them settle about two days, then cover with any old trash on hand, such as

chaff or cut straw. We have found the best covering to be grass. We usually have the second crop of grass about the time the pits are filled, and cover with this about one foot deep, being careful to tramp well around edges and corners. If chaff or cut straw is used it is best to use enough water to thoroughly dampen it. The water with the steam from the silage will help form a coat of mold over the top in a few days, which keeps out the air.—L. R. Roe, in Orange Judd Farmer.

The Value of Pasture.

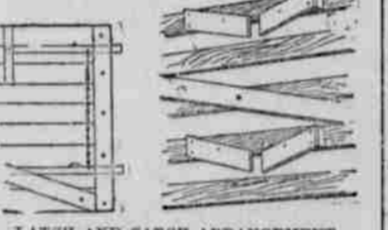
One of the surprising things in farming is the gradual development of land to a point where it will yield returns never dreamed of by the early cultivators. Over in parts of England and Scotland farmers and dairymen make a living from pasture lands which have an assessed valuation of \$400 or \$500 an acre. They do this when prices for the products are no greater than American farmers receive. The secret of their success is necessity. They have been forced to make every square inch of soil pay its highest profit, and as a result they have some of the finest pastures in the world. The soil is so thick and compact that it is almost impossible to cut through it. The roots form a solid mass in the soil, and the grass grows luxuriantly, even defying dry weather, and producing good crops in spite of close cropping and late in the season when frost ordinarily kills less successful pasture. The thing of it is the farmers have cultivated the soil, planted and replanted with fertilizers, and made them in every way productive and fertile. The soil is not more adapted naturally to pastures than millions of acres in this country, which to-day produce only indifferent crops of grass. The soil is made artificially rich, and the soil is the result of careful, intensive farming.

So it is these English farmers make a profit from land worth ten times as much in money valuation as the pasture fields of this country. Now if it is possible to improve pasture fields so that they will produce like these English ones, what an enormous profit awaits the American farmers who will improve their fields to the same productive fertility? Instead of being forced to pay interest on an investment of \$500 an acre, the average dairyman in this land would have to pay only \$40 to \$50 per acre. All the rest would represent profit.

In the first place the ideal pasture land must be seeded with good seed, and liberal expenditure of fertilizers must be made annually. Then weeds must be religiously destroyed, pulled up root and branch every year. It is impossible to get a good pasture unless weeds are pulled up. If this work is continued carefully every year in four or five seasons weeds will have no chance whatever. The grass roots will occupy the soil so completely that no weeds can find lodgment there. Weeds are the bane of the American pasture fields, and the more they are allowed to grow and produce seeds the more obnoxious they will grow. It is impossible to get grass seed to-day that will not have some weeds in them and the only hope of the farmer is to pull up the weeds as fast as they show themselves. Good culture of grass pastures will pay as much as any kind of farming ever attempted in this country, and especially where the land is located near large cities and good markets for dairy products.—Professor James S. Doty, in American Cultivator.

Handy Device to Save One Gate.

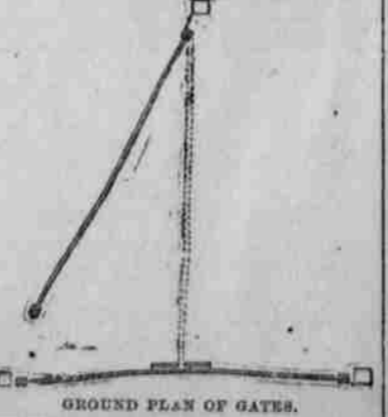
Two gates may be made to perform the services of three, thus saving the expense of the third gate. The gates are arranged as illustrated, and are especially suited to entrance from a highway. The first gate opens outward, and the other to one side or the



LATCH AND CATCH ARRANGEMENT.

other, according to the field to be entered. The only essential difference from ordinary gates are the latch arrangement and the long shank of the hinges in the one to allow it to swing in either direction. This latter is not a necessity, but a convenience, as the gate then need not be thrown clear back in entering the field from the road. It should, however, be so hung that it may be thrown clear back in one direction to admit of passage from field to field when desired.

At the middle of the outer gate, but on the inner side, is the trap to catch the latch of the outer gate, one above and one below. It consists of an incline from each direction. These are set on blocks so they will project sev-



GROUND PLAN OF GATES.

eral inches from the gate itself, and have a drop two inches wide between them. The latches are placed in corresponding positions in the other gate, and it can be drawn to place from either direction. For convenience in opening a small chain passes from one latch to the other, so that lifting the upper one will raise both. If gates are made twelve feet long they leave an available driving space of nearly eleven feet when open, which is sufficient for all ordinary purposes. Should stock ever be confined in the field it may be necessary to add a hook and staple for greater security. Against stall, in New England Homestead.



WOMAN'S REALM

BIRDS AND BUTTERFLIES. The New Jewelry Takes These Forms, and Pretty They Are.

Birds and butterflies are the quite new models for most of the dainty bits of jewelry that give the cachet of smartness to elaborate gowns this season in London. Happily, also, they occur in such varied designs and so many degrees of quality that women who habitually ride in the 'buses can wear them quite as well as those who recline in the elegant vicarages of Hyde Park. Perhaps the birds are a little more sought after than the butterflies. In fact, it seems that nobody is anybody in London who doesn't wear as an ornament a small bird of some sort. Few there are, indeed, of the feathered tribe that have escaped imitation.

Even the ungainly body of the young snipe is set up in tiny rose diamonds to serve as a catch pin about an inch long. The English pheasant with long tail feathers is a favored and graceful design in precious stones. Lyré birds are reserved for the hair, and behind their spread tails are placed high, soft aigrettes. These birds are made both in rhinestones and in diamonds and cost, therefore, upward from \$15 to almost a king's ransom. Two, three or five dainty little swallows crossing on the wing a parallel bar is not exactly a new design, but it now is certainly having a second wave of popularity, while small peacocks, altogether new, are among the most gorgeous of the bird ornaments. When not made up of stones these are done in exquisite enamel, each eye of the magnificent tail being wonderfully true to life. Ducks are not forgotten in this reigning passion for birds. Nearly always, however, they are made of enamel on either gold or silver, their high colored necks and heads gleaming in light most brilliantly. Pouter and fan-tail pigeons are among the very attractive and quaint of the new designs.

With the butterflies also there is much variety in the style of make-up, and while the handsomest ones are costly, there are others very pretty that come within the range of nearly all. But always, it must be remembered, that it takes a certain type of woman, a light, flower-like looking creature, to wear well a butterfly. Almost every woman, on the contrary, can find some bird that suits her personality. A fetching way to wear any of these ornaments is as clasps for some of the numerous chains which are hung about the neck. Chains, indeed, instead of being about ready to be laid on the shelf, are apparently increasing their hold on the heart of womanhood, old and young. It would be difficult to assert just what, that is at all feasible, is not being hung on them. The present fad is to attach at their ends a little mirror cleverly disguised. The uninitiated thinks that he sees an enameled water lily, a beautiful fleur de lis, or a large four-leaf clover dangling about its fair owner's neck. This fanciful floral design, however, pushes open like a lock and displays underneath a bit of looking glass just large enough for a hasty peep. On another jingling end is a small round box of either gold or silver. It harbors a tiny powder puff, and a touch of newness is a good-sized piece of pink coral set in its top. In traveling, especially, these cheerful knick-knacks find a field of usefulness in helping their wearers to keep tidy and presentable.

Along with chains are strings of beads, both fine and coarse, and of every conceivable color and quality. Sometimes at their ends they are finished with two quaint little tassels. So abundantly are these gaily colored beads seen in London and at the gay watering places as to suggest a barbaric age or the North American Indians.—Washington Star.

Broad, Low Lines.

The autumn models of hats show uniformity of intention in their broad, low lines. The effect of a crowd of women at a tea, with these broad, low hats is extremely good. If you adhere to these lines the note of eccentricity is lost. We have no more gaily gowns and specimens of millinery which are out of place on a lady's head. The bizarre is out of fashion now. Smooth lines, velvet folds, trim plumage and low trimmings supplant the upright decorations and over trimmed edifices once worn.

The Duchess of Wellington.

The Duchess of Wellington is better known to most people under her old name of Lady Arthur Wellesley. She is now the mistress of Apsley House, one of London's stately palaces, and it is said that she and the Duke mean to entertain largely both there and at Strathfieldsaye. Apsley House is the least known to society of ducal mansions at the present day, but a good many Londoners know it, for its last owners used to sometimes allow members of the Sunday Society to visit it. Apsley House was the gift of the nation to the great Duke of Wellington, and every year until the end of his life the Iron Duke used to celebrate June 18 by a Waterloo dinner in the great gallery, royalty, foreign ambassadors and the host's old comrades in arms being the guests.

The historic mansion will now, it is hoped, once more be used for entertainments on a grand scale. By the bye, the present duchess, who was a Miss Williams, is not the only lady who bears the title of Duchess of Wellington; there are two others—Elizabeth, Duchess of Wellington, widow of the second Duke, and Evelyn Duchess of Wellington, widow of the fifth Duke.

For Matron and Maid.

Last winter the fashionable woman who could not possess a pearl or two in her jewel box felt that all the world stood away. Every woman she knew wore pearls set in some form or other, and during the craze diamonds for a time lost their prestige. Just now jewelers are polishing up and setting their supply of topaz, for the time seems ripe for a reappearance of the golden stone. Topaz must be set with amethysts and sapphires to get the good effect of the contrasts. Sapphires more particularly will be favored, so nearly does the blue match the glowing purple of the blue match. The New York jeweler's windows show topazes wonderfully set in ornaments of daintily carved tortoise shell combs fretted out as fine as lace work and sprinkled everywhere with topaz in every shade from pale straw color to deepest yellow. Tortoise shell is

the chosen setting for the new favorite, and besides the fancy combs wonderful bracelets are being made of the richly colored shell. Scarcely bracelets or bangles are these new ornaments, but old fashioned armlets that clasp the white members above the elbows.

A Modish Shimmer.

A matron whose first youth is passed, but whose exquisite figure and kindly face makes her a personage of much consideration in society, wears a ball gown of black tulle, ornamented with the tiniest of silver spangles. Silver is used in court mourning, and no doubt Queen Alexandra's mourning robes will brighten with touch of silver when she divests her toilet of entire and sombre black. The whole gown is not covered with spangles, but they adorn the border of the corsage, and silver sparks are embroidered upon the shaped founces. The V front of the bodice is sparkling with encrustations of silvery stars, quite stiff with this embroidery. The shimmering effect on black tulle is very good indeed.

Sashes With Unequal Loops.

One cannot but notice the negligence fashion of tying the long sashes. Once upon a time these sashes were knotted with careful precision, the loops being pulled out to a Puritanic exactness, one being no longer nor broader than another. The modern sash is cleverly maneuvered by a French maid. The ends are extra long and so can be tied with several loops of unequal size, often more on one side than another, after the fashion of rosettes in millinery. Even after this the ends are long. This effect is particularly good when the sash is of chiffon, Liberty silk or tulle. It makes no difference if you have two loops on one side and three on another.

The Little Finger.

Mademoiselle distinguishes the little finger of her right hand as the proper object of ornamentation by jeweled loops of sovereign gold. The other fingers are neglected, especially the "ring finger," so-called, next to the little finger, on which all the rings used to be piled. But now the hand is practically bare of ornament, if it can be concentrated on the little finger. The setting of the jewels intended for little finger rings is almost invisible. The hoops are slender and almost flexible, as heavy rings would pain this delicate little digit. Small stones of high lustre sparkle in these rings. Truly, the little finger carries a weight of jewels nowadays.

Daughters of the Empire.

The only part taken by the women of Quebec in the two days' entertainment provided by that city for the Duke and Duchess of Cornwall and York, was the presentation by the Daughters of the Empire of a bouquet and an album of Canadian views bound in white morocco and decorated with the crest of the organization in gold. In all parts of Canada, wherever a branch of the Daughters has been formed, it has been arranged that a bouquet of flowers tied with a ribbon embroidered with the crest of the federation in red, white and blue shall be presented to the duchess.

When Sweeping, Make Both Sides of the Body Do the Work.

Take the washbasin first. Nothing can make that so hygienic. One has to bend over the tub, using the arms with a steady, strenuous motion, and at every breath filling the lungs with hot steam. Washing may develop the muscles of the arms, but it cramps the back and contracts the chest. The only relief possible is to take a few minutes frequently for rest. I do not mean sitting down; that is not resting. Go to the door or window and take several long, deep breaths. Straighten up the body, throw back the shoulders and strike out with both arms. Exhale the breath and drop the arms. Repeat this exercise ten or twelve times during the morning's wash, and you will be astonished at how much less tired you are than usual.



FRILLS FASHIONS

White promises to continue popular throughout the winter. Black suede gloves, as well as white, are now in vogue. Every tint of gray is popular.

The new French tailor gowns consist of long basque coats, with plain, slightly trained skirts.

The dressy type of separate waists all show the neckline finish, which consists of a tie and stock corresponding with the waist in color but differing in material.

In link cuff buttoned plain ones of mother-of-pearl banded with diamonds or rubies are effective designs. Opals and diamonds are also used for cuff buttons.

Buckles, large and small, of gold in different colors and new art notions, or of diamonds in designs copied from the artistic days of the fifteenth Louis, are as popular as ever.

A new style of note paper is called Carrara, and is veined like the marble for which it is named. The latest note sheets are long and narrow and fit into an envelope by doubling in the centre.

Brilliant and effective are the buttons of this season. Imitation opals, amethysts and sapphires are set around with rhinestones and are so beautifully made as to appear like the genuine stones.

Cloth and silk bands, invisibly hand-sewn to the gown instead of the usual stitching, form a new variety of trimming. Another feature is that of trimming the usual silk bands with rows of very narrow silk braid.

Baby cloaks have many of them rather deep capes this year, and a satin cord or piping is an almost universal finish for a plain edge or as the heading of a ruffle or lace. The backs of the small coats are rather full, some obtaining the fullness from an inverted pleat and others from box pleats. Fur is to be seen used in many ways this year, and in fine narrow bands trims many handsome gowns. The narrow bands are more serviceable in many ways, for they are not too heavy for the house, while broad bands of fur are not suitable for anything but outdoor wear. The fur when used around the skirt is placed on the very edge. Sable is used with excellent effect in this way, and is one of the most serviceable of furs.

HOUSEHOLD HINTS:



The Modish Lamp. The dominant tendency of the coming season's lamps is to be tall and slender, in direct opposition to the extremely squat shapes in vogue recently.

Toilet Pieces of Opal Glass. Toilet pieces of opal are a recent idea that has become quite popular. A bas relief of the familiar female head of l'art nouveau is a feature of many of the latest pieces.

The Arrangement of Furniture. In arranging furniture it cannot be too often emphasized that a first element to be considered in the use of the article is the place in which it is put.

For example, a screen standing against the wall between two windows is bad. A screen is intended to screen something—a draught, or unattractive doorway, or unsightly view; it is never an ornament, except secondarily. Chairs, too, are to sit in. They should express this purpose by their placing—the low sewing chair by the work-table; another inviting one by the reading-lamp; a lolling chair near the hearth; one into which a listener by the piano may drop. Tables, too, have a purpose. They are not to be dotted over a room because they fill space or because a certain number is owned. Two or three years ago a New York woman received as a curio a slice from a mahogany tree, which was seven or eight inches thick and at least three feet in diameter. She had it hollowed and polished and mounted on a tripod of mahogany, and even then would not let the beautiful thing it had grown to be stand in her parlor till she discovered a use for it as a card receiver. It supplanted a less attractive one, and now, just at the right of her door, is most convenient for its purposes and a joy to everyone who sees it.—New York Post.

Housework as Exercise. Nothing can make that so hygienic. One has to bend over the tub, using the arms with a steady, strenuous motion, and at every breath filling the lungs with hot steam.

Washing may develop the muscles of the arms, but it cramps the back and contracts the chest. The only relief possible is to take a few minutes frequently for rest. I do not mean sitting down; that is not resting. Go to the door or window and take several long, deep breaths. Straighten up the body, throw back the shoulders and strike out with both arms. Exhale the breath and drop the arms. Repeat this exercise ten or twelve times during the morning's wash, and you will be astonished at how much less tired you are than usual.

When sweeping, make both sides of the body do the work. Many a woman who would be classified by a dressmaker as a figure with one hip larger than the other, has cultivated this figure by constantly using the muscles of one side while sweeping or mopping. It is remarkable how a few years of doing certain work in a contracted, bad position will alter the poise of the body. I have heard it said that the student of physical development has a strange faculty, almost Sherlock Holmes-like, of telling by a glance at a man or woman what their calling is. Of course there are certain conditions—that they should have followed that calling a certain length of time and that it is a body physically untrained.

Bread kneading affords a better exercise than washing. The steam is not present and half an hour of steady motion such as given to well made bread means good exercise for the forearm, provided the molding board is at a proper height and that one keeps the back and shoulders erect.—Good Housekeeping.



Cheese Crackers—Five tablespoonfuls grated cheese, two tablespoonfuls cream, one tablespoonful olive oil, a little paprika. Mix all thoroughly. Spread on crackers and place in oven till a very delicate brown.

Rocks—One scant cup of butter, one and one-half cups sugar, three eggs, one teaspoon cinnamon, one scant teaspoon soda dissolved in a little hot water, one pound English walnuts broken in small pieces, one and one-half cups stoned raisins, a little salt, about three cups of flour. Drop from spoon on buttered pans and bake in a quick oven. New and excellent.

Jarred Chicken—Two young chickens cut into suitable pieces, rolled in salted flour and fried until a rich brown; pack into a small jar or earthenware dish, adding a pint of sweet cream, a teaspoonful of salt and a pint of water. Cover the jar and bake for one hour. This is also a nice way of cooking old fowl, but, of course, the time of baking should then be extended to three or four hours.

Peppers for Winter Use—Remove the seeds and wash the peppers thoroughly. Attach the lids to the peppers to which they belong by taking a stitch to join them and tying the thread and cutting. Make a brine that will bear up an egg. Put the peppers in this, weighing them down so they will be well covered with the brine. They will keep indefinitely and are almost as good for stuffing as the fresh ones. Before using them take what you wish from the brine and soak in cold water for an hour.