

Feminine Preference.

It is doubtful whether any woman to-day would be particularly elated at hearing herself vaguely labelled as "charming," says Ladies' Field. She prefers to be known instead as "a good sort." The former to her mind is an illusive term, signifying the approval of elderly relatives, while the latter implies affectionate toleration on the part of the eligible man.

To Be Pretty.

If you are employed in an office or factory, try to make it a point to open the windows and thoroughly air ne room two or three times a day.
Stand straight, hold your shoulders

back, and give yourself a chance to be a healthy woman.

Don't be afraid of water. Drink plenty of it, and take as many baths as you can. Learn a few physical culture exercises and practice them night and morning, says Woman's

This may all sound rather uninter esting to you, but if you follow these few suggestions you will be healthier, happier and better looking.

Don't Worry.

Be absorbed in a work of moment to others, to the world, and our own small, petty pygmy concerns lose

their overweening importance.

A young newspaper man home from a night with a metropolitan daily found his mother upset over some domestic catastrophe. He sym pathized with her distress, but could patnized with her distress, but could not take her tragedy to heart. "Why, down at the office," said he, "if we made mistakes, 300,000 people would be without their morning paper. There are only half a dozen of us at home here to suffer by this. Come, you make too much of trifles." So, when we take the larger viewpoint, our own tiny private personal pains will pale away by contrast.

Dishes of Left Overs.

This is a family name for bits of mutton, lamb, or veal which are too ragged to be served in any other way. They are first passed through a chopping machine and then mixed with an equal quantity of cold rice (boiled) and seasoned with pepper, salt and curry powder and with a little chopped parsley or celery if it is at hand. Form into small cakes or croquettes, using a raw egg to hold them together, dip in egg, roll in crumbs, and fry in deep lard. And cold, cooked cereal can be used instead of rice, although rice seems to lend itself to curries with peculiar appropriateness .- Mary Taylor Ross in Pictorial Review.

Pretty Wives Become Plain:

One reason why the average wom-an wears out and grows old and plain is that, through a mistaken idea of duty, she lays out for herself at the beginning of married life a scheme of duty of which every hour is filled with work.

This she follows religiously for

years, feeling that she has done her duty. She, however, soon becomes merely a machine. Can any woman keep brightness, originality of thought, or even good looks, with such a life? And, without those things, how can she keep her husband and children full of loving admiration? says Health.

Constant association with others of own age, with her children and their friends, and an occasional period of recreation, is what the average woman requires to make her attractive.

The Voice Culture.

in the air slowly, easily and fully When you have filled all your breath in for a few seconds, then slowly and steadily breathe out through the nose, and keep your lungs empty for a few seconds before another inspira-tion. The muscles of the body which the will does not directly control, like the heart and the respiratory organs work rhythmically. Therefore, in breathing, do not gasp and hurry, and change your pace every minute. To practice the right method, hold your self, sitting or standing, in a natural erect fashion, with your head raised throat free and arms hanging loosely Do not practice within an hour after meals, and if you get dizzy it is a sign that you should stop. Mouth breathing causes the nose to become eventually blocked up through dis-use. This has its effect on the voice Resonance and intensity are lost be cause the sound which should or the nose is deadened .- Home Magazine.

Beautiful Complexions Acquired.

Exercise in the open air is one of the things necessary to all those who would have fine complexions, but this alone is not sufficient. Air is good, but we cannot live on air alone. the diet and digestion are bad, the complexion will suffer, no matter how much fresh air is taken.

One of the articles experience has found useful for the complexion is fruit. The juice of fruit and its laxative nature help to keep the system clean internally and prevent the action or beyond middle life.

matter which, "lodging" in the skin, give it an unwholesome appearance.

Some fruits ahe highly nourishing,

while others are appetizing, and near-ly all are purifying. Grapes and ap-ples are among the most nutritious of fruits; grapes especially are easily digested, and usually agree with ever the most delicate stomach.

Raw or baked apples with cream are excellent to most persons, while ripe peaches in their season are good and easy of digestion

Oranges, limes and lemons are rich in acids, and of value in improving the complexion. With many persons a couple of oranges eaten before breakfast furnish a panacea for inactivity of the bowels, which is one the common causes of a muddy and dingy complexion.

In eating fruit do not swallow it unmasticated, nor the large seeds or skins. Generally it is better to take fruit in the morning. Juley fruit often agrees best when taken two or three hours after breakfast as a drink. Sometimes, if eaten with potatoes or vegetables it produces flatu-lence, because it has to lie in the stomach till these articles are digested. Also, stale fruit is not to be eaten at any time.-New Haven Register.

A School of Repose.

A school established for the press purpose of training girls in repose is one of the striking ideas put forth by Annie Payson Call in her new book. After noting the different part which athletics play in the man's and the woman's college and the relatively much greater nervous strain under which the women work, Miss Call goes on to develop this

"The greatest physical need for women is a training to rest; not rest in the sense of doing nothing, not repose in the sense of insanity or inactivity, but a restful activity of mind and body, which means a vigorous, wholesome nervous system that will enable a woman to abandon herself to her study, her work and her play with a freedom and ease which are too fast becoming, not a lost art, but lost nature."

This "rest" school would aim at once to eliminate the "no-time" hurry, the next reform would be so to arrange the daily work that there would be a marked system in the al-ternation of studies. A body and mind, to be wholesome, must be trained to action and reaction, not

trained to action and reaction, not action and inaction.

The author would begin this work with physical training, including a training of the voice. Quiet, deep breathing all through the class work, exercises for suppleness, some of them very rapid, followed by motions for finer balance and for spring, would constitute the chief physical would constitute the chief physical work necessary to train a woman to rest. After she has acquired that, she must learn "the normal use of the real power as it grows. No woman has the natural spirit of repose who, finding she can attend to par ticulars with increasing facility, crowds her life in general."—New York Tribune.



Two inches from the ground is the latest decree regarding the walking skirt

Taffeta bands edged with chiffon ruches cross surplice fashion over

The heavy laces are preferred for underwear just now, Cluny standing in first place. The natural colored linens are ex-

ceedingly fashionable as trimming for the white linen suits.

One of the prettiest possible waists wear with a dark suit is that of chiffon cloth matching in color. If the dress is cut princess, it

highly essential to its fit that the slip peneath it should be princess, too. The hat that is lifted at the side is always becoming, and we are to

have many of them the coming sea-One broad strip of silver mesh ar pears plain silver by any light but one, when an exquisite violet design

All manner of flowers are repre sented in handsome necklaces by the various colored stones, set in delicate mountings of gold.

Beautiful imitations of fuchsias grapes and iris are wrought by the manufacturing jeweler into lovely. necklaces and brooches.

Flowered ribbons have the widest range of uses from edging the fancy pin cushion to the dressing sacque, and from forming girdles to boleros and petticoat ruffles.

The low coiffure is

The Pulpit wasserson A SERMON IRA W-HENDERSON

Subject: Jesus the Preacher.

Brooklyn, N. Y. —Preaching at the Irving Square Presbyterian Church, on the theme "Jesus the Preacher," the Rev. Ira Wemmell Henderson, pastor, took Mark 2:2, "And He preached the Word unto them," as his text. He said:

The sharp line between preaching and teaching is very hardly drawn. The preacher who amounts to anything at all ought to be a good teacher, instructor of men. It does not necessarily follow conversely that a good teacher will be as ready when preaching is the need. But the preacher must be a teacher does he wish for success in the sowing of the Gospel seed. He who would be an influence for and toward God must be able nct only to declare to men what is the way we should live that we may attain to eternal life, but also he must be able to unfold to mankind how we may find the way and keep to its middle on the march toward heaven. But lest we drift from the theme in hand, let us to the point. Jesus was the greatest preacher the world has ever seen, and He stands to-day

in hand, let us to the point. Jesus was the greatest preacher the world has ever seen, and He stands to-day as the Master and the inspiration of all those who would tell His truth. Glorious as are the messages of the prophets to their people and their day, and rich as are the utterances of the long line of spirit-filled men, who have since Christ preached the Gospel of God unto men, Jesus yet holds the premier place as the mightiest message-giver of them all.

Let us for these minutes, while we are here together, glance at several salient qualities in the preaching of Jesus which commend Him to us. Let us not waste our time in speculation

Jesus which commend Him to us. Let us not waste our time in speculation over the scrt of gestures Christ may have used or the oratorical powers we may conceive Him to have possessed. Let us rather get down to the kind of gospel He preached, and to a consideration of those elements of reaching-force in it, which have so captured and held the attention and the lives of men throughout these many years. many years.

First and foremost Jesus preached

First and foremost Jesus preached the Gospel—the good news to men—that men could be saved from sin through the everlasting love of the Father. Knowing that sin is the deep and engrossing godless fact of life, and knowing also that the one desire of men when at their best is to escape from bondage to sin, Jesus wasted no time over non-essentials, secondary or inconsequential things; but came straight to the point. Jesus took no time to prove the existence of God—He took that fact for granted. Christ spent no moments to make it God—He took that fact for granted. Christ spent no moments to make it clear that sin really does exist—that too He felt to be the consciousness of every normal man. Jesus asked no man whether or no he was hungering or thirsting for a sure salvation from sin, but rather gave the Gospel straight without question. Repent and believe and follow. These are three of the great words that Jesus sent to the hearts of men: "Turn away from evil unto God and humble yourself in His presence, asking pardon for your sins." "Mine is the revelation of the Father in all His fullness, which is able to lead ing pardon for your sins." "Mine is the revelation of the Father in all His fullness, which is able to lead you out of death and bondage into freedom, light and life." "Fillow after Me, do as I do, act as I act, walk as I walk, think as I think, love as I love—for I walk in the similitude of our Father—and then shall ye grow from grace unto grace." These are three of the mighty words of Jesus to sinning men. And they are the essence of the Gospel. No philosophy is deeper than the Gospel, no story is more simple, no truth more full of power. And it is because the Gospel meets and administers to the deepest need of men that it is to-day as ever the predominant influence in our world. Because it shows hope of escape from sin it lifts the criminal unto Christ. Because it is so simple and so satisfying it touches the hearts of little children yet unlearned in the mysteries of life. A message of profound and universal truth it challenges the thinker and meets his tests. To all men, and to all conditions, ranks and abilities among men, the good news has its application and its mission. And it is because the Gospel is the universal, deeply simple, inspiring message that it is, that it has such a hold over the simple, inspiring message that it is, that it has such a hold over the

hearts of men.

In the second place, I would call your attention to the fact that the Gospel was definitely preached by Jesus to the desperately poor, to the downtrodden and the weary. In His day the rich had all they needed and more besides, and the effort was to give them as much more as possible. For the publican and the sinner, for the oppressed and sick and the discouraged no such care was taken. They were allowed very largely to shift for themselves. But Jesus overturned the system with His Gospel and talked first to those whose need was greatest. And "the common people heard Him gladly." hearts of men

and talked first to those whose need was greatest. And "the common people heard Him gladly."

In the third place Jesus went out to the people with the Gospel. He did not wait for them to come to Him, but rather sought them out. It made no difference to the Lord, whether men came to Him or He went to them, whether He had one man or five thousand to whom He spake the truth, whether men came the truth, whether men came by night or climbed up into the trees in the broad glare of the hot Eastern sun to see Him, whether they made a clamor by the wayside cr just silently and steathily touched the hem of His garment. When men would

lently and steathily touched the hem of His garment. When men would not come to the synagogues to hear Him preach and teach—that is to say to church—He went out into the streets of the city and up on the hill-sides and brought the word of salvation to them.

Now, to be sure, we have merely touched upon a very few of the elements which are characteristic of the preaching of Jesus. But so far as we have gone the lessons from the preaching of Jesus to the men of today are unmistakably definite and clear. And the lessons three are sides and brought the word of salvation to them.

Now, to be sure, we have merely touched upon a very few of the elements which are characteristic of the preaching of Jesus. But so far as we have gone the lessons from the preaching of Jesus to the men of today are unmistakably definite and clear. And the lessons three are these: First, we should preach the

Gospel; the simple story of salvation from sin through the love of God in Christ. Secondly, we should preach that Gospel not only to those who are rich, but to those aiso who are poor, whose misery is crushing and whose necessity is so urgent, whose hearts are so scidened and whose hope is almost gone. And lastly, we should carry the message of salvation out to where men are. If they will not come into our churches—and God knows many times it is more our fault than theirs that they do not come—then must we go out after them and compel them to come in—not first into church, but into the kingdom.

First, we should preach the Gospel.
"Tell me the old, old story," is not mere sentiment set to music, but the outcry of breaking and bleedina hearts and souls that are ready and neager to know the truth in Jesus Christ. And for my part, I, as a minister of the Gospel, believe the call of men should be answered. Answered not with theoretical and doctrinal discussions, not with recitals of our doubts and differences upon points that are non-essential, but with that simple and eternal truth upon which our hearts are stayed and through which the souls of men about us may be saved. The mission of the church is to bring the story of salvation unto humanity and I for my part am very sorry for the Christian brother whose soul is jarred into discord rather than swung into harmony with redemption's glorious song when those whom Christ has commissioned to preach His word call men to Jesus and ask them to take a stand foi Christ. The Christian who objects to the methods of Jesus Christ needs to go to His knees and get a new baptism from above.

Then, too, we must preach a universal-Gospel—a Gospel that shall relieve poor men of restraint. And I

to me methods of Jesus Christ needs to go to His knees and get a new bantism from above.

Then, too, we must preach a universal-Gospel—a Gospel that shall relieve poor men of restraint. And I for my part, will have neither part nor communion with any congregation of God's people, who would make clothes or cash a requisite to open handed and free-hearted admission to the house of God. And I think I voice the opinion of this household of faith when I say that all men of whatever race, character or condition who wish to hear the good news of God unto eternal life through Jesus Christ are we'come to this church. And the more the Church of God reaches out toward men of low degree and men in sin the faster will she grow in grace and numbers, and the more will she do the will of Him who hath sealed her as His own.

And lastly I may say that we ought to do definite, energetic, widespread nersonal and collective work for Jesus. It is our duty to go to men Our command is not to his them come to Jesus. And this church and every congregation of the church militant would do a far grander and a more wonderfully blessed work if we would but go out to the people and tell them the glad tidings that they so much need to hear.

How God Can Help.

God is never at a loss for means to protect His people. Sometimes the means are surprisingly simple. With 300 men, armed with trumpets and lanterns. Gideon drove a vast army of Midianites and Amalekites out of the land of the children of Israel.

The youth David. armed with a sling and a few pebbles, defeated and killed the thoroughly armed giant Goliath.

Goliath. The prophet Elisha and his sen

The prophet Elisha and his servant were alone at Dathan, when they found themselves surrounded by the army of the King of Syria. But Elisha was not afraid. The Lord smote the Syrians with blindness, and they became harmless.

Felix of Nola on one occasion when being pursued by his enemies hid in a deep, dark cave. There he rested until his pursuers had passed. Coming to the cave, his enemies looked in, but, seeing a cobweb soun across the mouth of the cave, they concluded he could not be there, crit would be broken. Felix heard them speak of the web. Then he philosophised: "With God, a spider's web becomes a stone wall, and without God a stone wall becomes a out God a stone wall becomes a spider's web."—Reformed Church

The Conversion of Waste.

At the Engineering Exhibition just closed, considerable interest was manifested in a product which has proved to be of great commercia manifested in a product which has proved to be of great commercia value. As exhibited before being ground into its final form, it resem bles a collection of beautiful topa; crystals, which shine brightly in the crystals, which shine brightly in the light. It is another illustration of the scientific conversion of what was once known as "waste." These sparkling crystals are simply com pounded of sand, coke, salt and saw dust, subjected to a heat of 7500 degrees Fahrenheit (an almost incredible degree of heat), with the resul! ible degree of heat), with the resul named. The scientific world is sup plying the church with numerous il lustrations of the "conversion" Society, however, pays little heed to the conversion of huma waste, which it treats as hopeles heed to the conversion of numar waste, which it treats as hopeless The Christian alone knows the secre power which is capable of redeeming the most abandoned portions of hu manity, and claiming them for God —London Christian.

I am standing upon the seashor A ship at my side spreads her whi sails to the morning breeze and star for the blue ocean. She is an object beauty and strength, and I standard with her with a standard with her with her with a standard with her with and watch her until, at length, sh hangs like a speck of white cloud jus where the sea and sky come down t where the sea and say mingle with each other. Then mingle with each other. There! one at my side says: "There! she's gone!" Gone where? Gone from my sight—that is all. She is just as large in mast and hull and spar at she was when she left my side, and just as able to bear her load of living

It matters little about the color of fruit used in home consumption, but market fruits must have good color, as the eye is caught by it and this leads to a more ready sale. Clear air and sunshine are the first requisites for producing color, and for this reason the Connecticut hills are par-ticularly adaptable to the needs of the fruit raiser. Trees should be open headed, well cultivated in the early season and not at all later. Proper fertilization is also an important factor.

Gypsy Moth Fight.

In his talk on injurious insects Dr. W. E. Britton spoke at Hartford, Conn., of the fight with the gypsy moth over in Stonington, and advocated that the Government use a few thousands of dollars now to prevent it from breaking out extensively, rather than spend hundreds of thousands of dollars later when the pest has a good start. The San Jose scale, he said, is always with us, and the present mild winter might be expected to produce it in greater numbers this year. Spraying is the only effective method of fighting this pest.

A Wonderful Cow. Think of paying \$8000 for a cow with so distasteful a name as Rag Apple! But that is what Daniel W. Apple! But that is what Daniel W. Field, a Brockton shoe manufacturer, did recently. And he got back half the price within a month from the day of purchase, she having dropped a calf which had already been to a New York breeder for \$4000. Pontiac Rag Apple is the full name of the cow, and she holds the second highest record for milk and butter produced of any one cow in the produced of any one cow in the world, with the bluest of Holstein-Fresian blood in her veins. She has a record of production that has jumped from 279 to 309 quarts of milk per week. At five cents a quart for her milk she is netting her owner an income of \$2.20 per day; if turned into butter the yield would be about a quarter less than four pounds per day! - Hartford Courant.

Keep a Few Sheep.

The farmer who does not keep at least a small flock of sheep is losing money every year, says Up-to-Date Farming. Much of the feed consumed by a flock of sheep would be other-

wise a total waste.

A few sheep should be found on every farm. Good, comfortable sheds that are large and roomy are a necessity where sheep are to be wintered. These need not be expensive, but should be well ventilated, free from drafts and situated on dry ground. A large, open yard, apart from that occupied by other animals, should be provided for exercise. Too much confinement in overwarm or illy ventilated stables is fatal to success with sheep. On the other hand, comfortable quarters, regular and liberal feed ing, plenty of pure water and a suf-fiency of salt will go far toward insuring their successful wintering and

a strong crop of lambs in the spring. Value of Clover Hay.

All in all, we consider red clover hay much superior to timothy, Farmer's Call. We do not k what the chemical analysis shows. We know what the cow, calf, steer, sheep and horse have uniformly tesiffied. It is easier to spoil clover hay in the making than it is timothy hay. That is to be considered. It is important to cut the clover before it gets too ripe. And timothy is not near so much damaged in the swath or windrow by rein as is clover. But or windrow by rain as is clover. But in these days of wide-cut mowers, and hay loaders and rickers and forks, one can handle the clover with little danger of damage. Of course if it is very heavy one should use a tedder.

It seems that the Illinois Agricul-tural Experiment Station has been making tests to determine the relahorses were put on feed. They cost \$185 each, on the average, at the outset, and sold at \$288.37, a profit that looks decidedly attractive. In this experiment, horses fed on corn, oats and clover hay gained 277 pounds each in ninety-two days. At twenty cents this would mean \$55.40. and at the beginning of the experiment a responsible horse dealer offered the experiment station authorities that price for all the gain made. In the case of the lot fed on the same ration, but with timothy substituted for clover, the gain was but 142 pounds, and the timothy ration cost more than clover.

Poultry Rations Recommended

The Maine Experiment Station recommends the following mixture for laying hens: Two hundred pounds wheat bran, 100 pounds middlings, 100 pounds gluten meal, 100 pounds linseed meal, 100 pounds cornmeal and 100 pounds beef scraps; this combination contains approximately twenty-four per cent. protein, seven per cent. fat, six per cent. ash, seven per cent. fibre and forty-six per cent starchy matter, and would cost \$1.50

a hundred, unmixed, at retail.

Professor Lindsay, of the Hatch
Experiment Station, has had good success with a mixture made up as follows: One hundred pounds cornmeal, fifty pounds wheat bran, fifty pounds flour middlings, fifty pounds gluten feed and fifty pounds beef scrap; it contains twenty-two per cent. protein, six per cent. fat, five London Globe

fifty-one per cent. starchy matter, and costs \$1.50 a hundred, unmixed, at retail. The scrap may be omitted and mixed in with the grains as often as it is deemed necessary. Such mixtures may be fed either dry, or made into a friable mash with skimmilk or hot water, together with a little salt.

To the writer the proportion of cornmeal seems too great in the Lindsay formula, especially for greedy fowl. This has been his experience, the hens getting fat and The Maine man comes nearer to his idea of a well balanced ration, although it is rated as containing one per cent. more fat than the former. This is easily overcome by the greater bulk per pound by reason of the bran. Either formula would be benefited by the addition of one per cent. cut clover.

Sweet Corn in June.

You can have corn from the garden in June—not for market, of course, but for family use—at a time when the corn in your neighbor's gar-den is not yet coming out in tassel. To do this plant "Peep o' Day" corn about the middle of April in berry cups, flower pots, or in a box divided off in partitions, making the ground very rich with ashes, manure and some complete fertilizer. Put in lots of it, for where the ground is kept moist there is no danger of burning the roots. There should be nearly, two quarts of earth to each hill.

To get sweet corn in June, first plant Peep o' Day indoors about April 1, in a box partitioned off into small compartments, or plant berry boxes or flower pots.

As soon as the corn begins to come it, it must be set out of doors, or it will get "spindly." It must be either brought in at night, or, better, covered with a sash, which can be removed on sunny days. With "Peep o' Day" corn four plants can be left to each hill, and from ten to fifty hills, each yielding from six to ten small but delicious ears to each hill. As soon as the corn begins to come small but delicious ears to each hill, can be started thus very easily, getting big enough to begin using the last of June. Some gardeners dig a hole in the garden, fill it with fresh manure, pack it down, and thus to some stakes driven in each corner nail some old boards on which can be laid a storm sash taken from the house. A sunny bay window would answer as well—the corn must have sun. When your neighbors are planting their corn set out the corn, taking care not to disturb the roots. In case of a late frost, the hills can be covered with newspapers, boxes or baskets at night, taking care to put them on at or before sundown.

Diseased Hoof.

Greasing is necessary for horses which are much exposed to damp-ness, and is as good for the sole and frog as for the wall. It is applicable. also, to feet which have to stand on dry bedding. Feet which on account of diseased conditions require to be frequently soaked or poulticed ought also to be greased. Bedding of peat moss and fine sawdust, equal parts, is most excellent. All these measures may be advantageous if the feet are properly shod.

Good shoeing is the essential pro-phylaxy of hoof bound. We must avoid all improper practices likely to promote dessication and contraction of the foot, such as abuse of the rasp, too long application of the heated shoe when fitting it to the foot, the lowering of the heels, the excessive paring of the frog or of the bars, the too many nails in the quarter or near the heels—all these errors must be carefully avoided. The foot, moreover, must not be allowed to grow too long. The shoeing should be re-newed monthly, even if the shoe is not worn, and lastly, the horse must

conditions and modes of using the horse this is impossible. The feet deprived of their accustomed protection would soon become painful, and only by keeping the animal in the country could the feet be suffered to remain unshed

Several modes of shoeing have been invented to prevent contractions in feet which are predisposed to them. Some are undoubtedly beneficial, but they must be used as are ordinary shoeing and not reserved until the access of the disease. Good shoeing is often all that is required. absolutely necessary to study the pose of the limb and in preparing the foot to have it absolutely level, also the shoe, and by all means try and prefoot, not let it get too dry, or become too soft, but endeavor proper equilibrium.-Chas. R. Wood,

Swiss Soldiers on Skis.

A detachment of French Alpine Chasseurs has within the last few ersing mountains on skis. The men were stationed at the winter post of Bourg Saint Maurice, and the was carried out under the command of Lieuts, Krug and Michal

The party left Chapieux in the morning, and in the evening had reached Albertville, after traversing the peak of the Cormet de Roseland and the Beaufort Valley. The distance covered was thirty miles. -