

# OF INTEREST TO WOMEN

## HEALTH HINTS.

Don't go too long without food. Hunger gives a strained look to the face, too. Now and then if one is fatigued a bite between meals will invigorate the whole system and give relaxation and repose to strained muscles and nerves.

Don't worry, but if worry you must keep the forehead smooth—don't wrinkle it. Worry is called the American national disease and Americanitis is its distinctive name. The women of the Orient are wiser—they never worry.

## PRIVATE LIFE.

The private life is an excellent and beautiful thing when it is founded on affection and tenderness. But to lead a private life, and only a private life, is for most women not beneficial. It narrows the mind and restricts the sympathies. It makes a woman think that because she never ate her bread with tears, bread comes easily to all, and there are no injustices which she need trouble herself to rectify. In words she may admit that women workers are to be pitied, but in deeds she will only be effective if she has at some time of her life worked, felt and suffered with them. And the time is at hand when women of the industrial class who do not find that all doors are kept comfortably open for them will ask middle-class matrons and maids for something more than philo-sophic commiseration and the gratifying assurance that "there is no place like home."—Brooklyn Eagle.

## SHIRT WAISTS.

Negligee shirt waists for the early fall will be made from light weight wools and flannels in the very simplest styles and in delicate pinks, blues and grays, with fine pin stripes in white or black.

The fronts have on either side of a wide box pleated opening two rather small side plaits that commence in the shoulder seam and extend to the bust line, from where the material falls in folds to the waist. The back is finished in the same way or is pulled in at the neck just enough to keep it from looking plain.

The sleeves are big, leg-of-mutton and are gathered in on top of the shoulder and at the waist, where they are joined to a plain square turnover cuff that is fastened with the regulation cuff buttons.

The collar is a small rolling turnover with pointed or square ends to match the cuffs and should be worn with a wide blue, red or white Ascot tie that reaches almost to the belt.

## PAPER HATS.

Some day when you have nothing else to do try making a paper hat to wear in the garden, says an exchange. You will have to buy two rolls of crinkled paper and a few yards of thin hat wire. Cut the paper in strips an inch and a half wide. Take three of these strips and plait them closely. When you come to the end of the paper strip take another and slip it into the folded end of the first strip, crush it loosely together and keep on plaiting. It is better to use uneven lengths. When the plait is quite long you can commence the crown. To do this make a little round wad with one end of your plait, turning in the sewed up ends; then sew your plait round and round on each other. When the crown is as large as required, sew the plait in a downward direction and continue in this way, sewing them tightly together so that this part may be very firm before starting the brim. Then turn the plait again and sew and plait away until the brim is the size you want. The hat is finished when you have twisted it into a becoming shape and wired the brim.

## CONGRESS OF MOTHERS.

So commendable are the aims and purposes of the National Congress of Mothers, it is not surprising the organization has the hearty support of hundreds who are not mothers, but who have the welfare of the country at heart. As the chief object is to raise the standard of home life and develop wiser, better trained parent-hood, the work of the congress is civic work in its broadest and highest sense. Juvenile court work and the probation system have been successfully inaugurated in many localities, and through the public schools, the homes of the masses are being reached. The preparation of children's school lunches, the hygiene of home and food supply, and the care of childhood mentally, physically and morally is furthered by the association. The work of the congress, though unique, many-sided, and far-reaching in its scope, is practical, effective, and vital, the sole aim being the protection, in its highest possibilities, of the home—the strength of the nation. Only as all children have the very best opportunities for development, will our homes, our schools, our factories, our laws and our national life reach the highest standards.—The Pilgrim.

## FUSSY MOTHERS.

Across the aisle from me sat one of the "fussy" kind of mothers with her little girl, evidently about five years old. The mother didn't leave the child in peace for one minute. She took off her hat; she smoothed her hair; she

repinned her collar; she wiped her face with her pocket-handkerchief; she took her from her seat and stood her on the floor to straighten her frock; then she set her back again. She took off her hair ribbon and retied it; she looked in her eye to see if there was a cinder in it; then she began at the beginning and did all these things over again.

The child grimly endured. Evidently she had been accustomed to it all her short life. The world to her was a queer, tiresome place in which mothers exhausted their energies and got their nerves on edge by paying useless attentions to little girls.

A physician who sat behind me watched the scene.

"Has the woman no sense?" he said to me in an undertone. "Every touch pushes that child nearer the sanitarium that will one day open its doors to take her in as sure as fate."

"Poor little one!" I said. "Is there no hope for her?"

"Not with that mother," grimly replied the doctor.—Boston Herald.

## WOMEN NATURAL POLITICIANS.

Women cannot be, or at least have never been great musicians; I mean, composers of original music. Very few of them can be artists; hardly any have reached really first rank as painters, sculptors, or poets, though they have had plenty of opportunity of studying and practicing all these arts. But they can be politicians. Political ability, a capacity for the science of government, call it what you will, seems to be almost more common among women than it is among men. Compare their opportunities and achievements in this field of activity with their opportunities and achievements in those other directions.

Very few women have been queens or regents. They have never been selected for any special fitness. The accidental failure of male heirs, the death or absence of a husband, has suddenly placed the reins of power in their hands. In all ages, in all states of civilization, what a large measure of success has attended their rule! The reign of a queen is almost always a period of progress and prosperity; and many nations, notably our own among them, have made their most conspicuous advances when under the government of a woman.

Have queens been exceptionally emotional in their public acts? Have they sacrificed the welfare of their people to their private affections? Have they been lacking in courage to defend the national honor when necessary? I think no fair minded man can deny that history would answer all these questions in the negative. Is it not probable that as the sample is so will the bulk be—that the humble voter will not be influenced by very different motives from those which have ruled the conduct of her more brilliant sisters?

I commend this line of thought to all those, both men and women, who regard the proposed innovation (woman suffrage) as dangerous. Since common sense is a quality not more rare among women than among men, and that is after all the quality that is most valuable in political matters.—The Countess of Selborne, in the Nineteenth Century.

## Pretty Things to Wear

A bit of old crape is the very best thing for dusting one's gowns.

The flat French sailor hat with a ruffling of lace is worn abroad.

Many of the lawn negligees are worn over a colored lining of china silk.

Colored kid gloves are quite a success and are worn by many modish women.

The most popular style of hairdressing for the moment is the colonial plait.

With the linen coats and skirts are worn the most elaborate of lingerie waists.

Those pretty petticoats of pale colored lawn have their uses with gowns that match.

The handsomest woman often disguises her loveliness with an unbecoming headdress.

A little fuchsia-colored crim hat is trimmed with fuchsia and knots of shaded fuchsia taffeta.

The very coarse laces, such as guipures, are most in fashion for adorning linens, cambrines and clothes.

High Napoleon collars and revers, with attractive and dainty lace cravats, are in evidence nowadays, on all noteworthy toilettes.

The paddock coat, similar to that now in style for men, will be greatly affected by women who prefer mannish fashions in the autumn.

There is profuse use of narrow ribbons on everything appearing in every sort of a way—ruching, cockades, bouillonettes, or sewed on in plain rows.

Lobster-red and fire-red are the favorite colors in Paris just now, dividing honors with light tan, smoke gray, blue shades, and almond green—brown being considered passe.

Tulle is enjoying a distinct revival, for day and evening wear, in gowns as well as in millinery, and the tulle boa is more popular than those of ostrich feathers or shaded chiffon.

## HOUSEHOLD AFFAIRS



### TO IMPROVE THE FISH.

Salt water fish are much improved, says Good Housekeeping, if they are soaked in salted water for half an hour before cooking.

### FOR CLEANING VASES.

It will be found that vinegar and tea leaves are excellent used together for cleaning vases that have become discolored by flowers.

### GARNISHING THE BEEF.

A fillet of beef or a veal roast is effectively garnished with artichoke hearts, brimming with new peas, each choke placed in a nest of green. Delicately grilled, they are even more inviting surrounded with asparagus tips or little bunches of blanched lettuce.

### POTATOES AS DECORATIVES.

Mashed potatoes are pressed in the form of tiny pyramids with flat tops. These are dipped in the white of an egg, then in fine minced parsley, giving the effect of small green pyramids, through which the white of the potato gleams temptingly. These may be used with small pyramids cut from stale bread and fried a delicate brown in hot butter. They are arranged about a dish alternately with stars or cubes of lemon between.

### NICE SANDWICHES.

Cream cheese in combination with chopped olives or with chopped nuts is recommended for sandwiches. Moistened with a little thick cream and add a little salt. About ten olives, stoned and chopped, to one cheese is the proper proportion. Mix the two and spread between thin slices of bread and butter. Trim the crusts and, if desired, cut the slices into rounds or triangles. Peanuts, English walnuts, or pecans, or a mixture of these nuts, combined well with the cheese. Prepare exactly as with the olives.

## HOUSEHOLD RECIPES

### Delicious Salad

A novel salad is made of grape fruit and tomatoes. Fill a ring mold with water, and set away on ice to freeze; or set a small mold heavily weighted inside.

### Sweetbreads in Cases

Cut the sweetbreads, after being boiled, in very small pieces. Season with salt and pepper, and moisten well with cream sauce. Fill the paper cases and cover with bread crumbs. Brown and serve.

### Peppermint Drops

Boil one and one-fourth pounds of sugar with a pint of water; add three drops of oil of peppermint, and after five minutes remove the mixture from the fire and stir until it turns white, when it must be quickly poured out on buttered tins.

### Broiled Sweetbreads

Split the sweetbread after being boiled. Season with salt and pepper, rub thickly with butter, and sprinkle with flour. Broil over a rather quick fire, turning constantly. Cook about ten minutes, and serve with cream sauce.

### Plum Sherbet

Cover plums with hot water. Simmer until thoroughly cooked. Then press through a wire strainer. Add water and sugar to suit the taste, and other fruit juices if desired. Then freeze. They also make a nice pudding if used with tapioca in place of apples.

### Toast For Invalids

Cut the crust from slices of stale bread and toast to a light brown. As each is done, dip into well salted boiling water. Arrange in a baking pan, salting and buttering each layer, and cover with boiling milk, adding cream if you have it. Cover and bake for fifteen minutes.

### A Cake Without an Egg

Beat half a cup of butter to a cream. Add gradually one cup of sugar, then half a pound of seeded dates, chopped fine, and, alternately, one cup of thick, sour milk and two cups of flour sifted with one scant teaspoon of soda and half a teaspoonful each of cinnamon and clove.

### Cream of Squash Soup

Put one quart of milk with two stocks of celery and a small onion in a double boiler. Allow it to cook for one hour. Mix one tablespoon of flour with half a cup of sifted, cooked squash, and stir with the hot milk. Let cook about fifteen minutes. Have half a cup of whipped cream or a well beaten egg, and strain the mixture on to it.

### French Beefsteak

Dip the steak into melted butter and broil on a gridiron over fresh coals. When nearly done, sprinkle with salt and pepper; have ready some finely chopped parsley, mix with softened butter and beaten to a cream and pour into the middle of a platter. Dip the pieces of steak in this, turning them around the platter. Serve hot. A little lemon juice improves them for some.

### Russian Salad

Have ready cooked peas, string beans cut in pieces, beets cut in slices, tomatoes cut in slices and shaped to resemble a flower. Let all these vegetables become chilled by standing on ice for some time. Dispose crisp, well cleaned lettuce leaves in nests on a large dish. In the central nest place slices of hard-boiled eggs with the other vegetables in nests around them, and a radish flower here and there between the nests. Serve either French or mayonnaise dressing in a bowl apart. Offer a choice of vegetables to each one served.

## BETTY THINGS TO WEAR

New York City.—By far the greater number of fancy waists are closed at the back and some very attractive and charming effects are the result. Here



women's clothes cost more and require more material, and that made all gowns now in use or in stock look hopelessly out of date. Fashions are changed in order to sell goods. They are changed just as much and just as often as the traffic will bear. The fashionmongers would doubtless be glad to impose crinoline on the Christian nations (the other nations don't bother much with fashions), but it cannot be done. It could not exist here. McAdoo would not tolerate it. No fashion that will not do for New York can pervade the United States; so the country is safe.—Harper's Weekly.

## A LATE DESIGN BY MAY MANTON.



that matches the costume is preferred to anything else.

The waist is made over a fitted lining on which the little chemisette is arranged and itself consists of front and backs. These last are tucked in groups at the shoulders and are gathered at the waist line, the closing being made invisibly at the back. There is a novel trimming strap which finishes the neck and which is turned as it approaches the front, and beneath its ends are arranged the jabots of lace that give an exceptionally graceful touch.

The sleeves make notable features and are laid in fine tucks which give abundant and graceful fullness at the outer portions, while they are plain above the wrists.

The quantity of material required for the medium size is four and one-half yards twenty-one, four yards twenty-seven, or two and one-fourth yards forty-four inches wide, with five-eighth yard of all over lace and two and five-eighth yards of lace edging.

### The Threatened Revival of Crinoline.

Times are not dull; there is abundance of news, and yet there creeps into the papers a rumor of impending crinoline. It comes from London, from Paris, from Chicago, from Pittsburgh—that is, the rumor comes, but crinoline doesn't, and won't. The evildoers who invent fashions would be glad to distribute any new fashion that made

### A Black Skirt.

A charming dress of red and black plaid was made with a full pleated skirt on a very small hip yoke. The waist had two deep pleats running from the shoulders on either side for squareness. The neck was cut in a large square with a little V-shaped piece cut out of the lower edge.

### The Child's Gown.

Somehow one does not fancy silk on a child. Neither should a young girl appear in décollete. A very small child

## The Farm

### The Rambling Dog.

Dogs are, no doubt, excellent things in their place. "A place for everything and everything in its place," is put to scorn when a community that are in the sheep business allow a lot of useless curs to run about at random. Get rid of the curs, for if you don't they will get rid of your sheep.

### Feathers For Bees.

For heavy feeding some kind of feeder should be used. Little wooden troughs are best, and may be made any size desired. The best kind is a two-inch block guttered out by cutter heads or wobble saws, cutting slots half an inch wide, and having stationary centres of an eighth of an inch thick to give the bees a foothold, which keeps them from drowning in the syrup. When open troughs are used, some floating material should be placed on the syrup to answer this purpose.

### Laying Away a Corn Supply.

It is a common practice among corn growers to "lay corn by." When the season is an exceptionally good one and when the soil is free from weeds seed corn may be laid by with no evil result. In a dry season or a wet season or where weeds and vines grow rapidly and in untold numbers, laying corn by is entirely out of the question. To lay corn by too often means to let the weeds alone, or it may mean to let the surface crust cake, crack open and through the maturing season flow the much needed moisture to leave through surface evaporation. If possible get the cornfield free of weeds and vines, and after the hard rains of June and early July are over and the summer drought sets in run through the corn once or twice with a shallow working tool. It leaves the surface level, prevents surface washing and conserves the moisture. Weeds require moisture. When they grow in corn they feed upon the same plant food, take the same moisture that the corn plant feeds upon. Should there be a shortage of either plant food or moisture, the weed gets its part and lets the corn plant go hungry and thirsty.

### Light Brahmas.

A notable breed, which others have displaced in public favor. There certainly is no more beautiful fowl than the Light Brahma, yet they have been gradually relegated to the background, until we scarcely ever hear of them. They are the largest of all the pure breeds, the males of them weighing

fifteen pounds, and the females ten and twelve. Their plumage is beautiful and they are exceedingly hardy. They are fairly good layers, yet they are proving less popular each year. Why this should be is hard to understand, as it is a pity that so meritorious a breed should be neglected or forgotten.—Home and Farm.



### Co-operation in Cattle Breeding.

A good many farmers who have but small herds are using grade bulls because they say they cannot afford pure bred ones. Why not do as neighborhoods do in draft horsebreeding, where a good pure bred stallion is bought by several farmers joining in the purchase. By this kind of co-operation among farmers in purchase of a prime pure bred bull, a neighborhood could soon grade up their common cattle till they are worth nearly double what they are now. In a few years by such neighborly co-operation the cattle could be put finished on the market more per head, and grade beef cattle would be grown and fattened for the market with a large saving of grain and food-stuffs when it is remembered that such cattle could be put finished on the market weighing more at two to two and a half years old than common cattle can be made to weigh at three years old. Such a neighborhood bull would really be a money maker for those who are now using a grade sire. Such co-operation partakes of the farm and purposes of stock corporations in manufacturing, where several persons join their capital because no one of them has enough for the business. It is not a new feature of industry, but can be extended to cattle and other live stock breeding and growing as successfully as it is in manufacturing.—Indiana Farmer.

### Sound Clover Hay.

I prefer to cut in the afternoons, for the reason that the clover has but very little chance to cure before the dew falls and will not be affected by it as if it were partly cured. The next day, after the dew is off, go over your clover, giving it a good turning, either by hand or by a tedder, and if the clover is heavy it will be well to give two turnings or teddings. By this time the clover will begin to show signs of being partly cured, and still it isn't dry enough to break off the leaves, heads and smaller stems, which are the best parts of the hay. Then start the rake and rake it into medium sized windrows. I prefer to do my raking in the middle of the afternoon and avoid raking in the evenings. Next day, if you are not sure the day is going to be such as to finish curing the clover in the windrow, take your fork and slightly tear the windrows apart, letting the sun have a better chance to shine on the clover and the breezes to shine through, which is a great aid in curing hay. After the dew is off, lift the clover off the ground and invert it. Then after dinner, if it is well cured, begin to draw in and mow away. A good way to test this matter is to

### Economizing Pastures.

Farm pastures are never large enough, and some way of economizing them is very desirable. One way is to divide them into plots so that one part may be used while the other parts are recovering from the use of them. By this device it is possible to double the value of the grass so that more sheep may be fed on the same space of land, says American Sheep Breeder. This is most easily done by the use of portable fences, which may be easily moved and set up again where they are desired. Such a fence is made in this way: The panels may be made ten feet long and of pickets set upright; at equal distances apart there are three posts in each panel which project one foot below the bottom, and these are pointed. Each panel is ten feet long. In the setting up of this fence each panel is set somewhat out of the straight line and a worm is made of three feet out of the straight. Each panel when set up is put on a slight curve so as to support the fence against winds, and the corners so made are fastened together by short ropes fastened to the end posts of the fence panels.

When setting up this fence two men are to work together. One has a steel bar or iron rod sharpened at the point. With this the holes are made in the row for each post to be set in. The posts are set with sufficient worm in it to support itself for the fence and one post goes in the middle of each panel. The posts are well set down in the ground by means of a mallet and the corners are well tied together by the short ropes and as well by a loop made of the right size to pass over the top of the each two end posts.

### The Populous Chinese Empire.

United States Consul Anderson, at Peking, reports the latest estimate of the population of China as 432,000,000.