

Selected Receipts.

UNDUE CORPULENCY.—There is danger in an abnormal increase of size, as it brings other troubles in its train, the more serious of which are accumulations of fat around the heart and lungs. Mild aperients should be taken frequently, also stewed fruits. All alkalines are valuable, and lemon juice is desirable in every form. Green salads, watercress and asparagus may be taken freely, but potatoes and all farinaceous food should be strictly avoided. The mistake should not be made of taking vinegar save in moderation and with other articles of food, for in large doses it will produce inflammation of the inner coats of the stomach.

To produce a gradual and lasting reduction in size, diet is of the greatest importance, and with this and mild aperients an unhealthy increase of adipose tissue may be prevented. To the stout woman exercise is generally a burden, but begun in small doses and increased gradually it will soon grow to be a pleasure and a benefit as well, if she is really determined to reduce her size.

SWEET CORN WITH CREAM.—Lard drip a two-pound can of corn, and when ready to serve pour it into a saucepan in which you have made a sauce as follows:—Mix four ounces of butter with two tablespoonsful of flour, one pint of cream and a little salt. Let cook a while and serve hot.

CHILDREN'S HAIR.—The hair of children should never be shingled, says an authority, referring to the to-and-fro motion of the shears used by barbers in cutting hair, "as that tears and roughens the hair." The hair of children, whether they be boys or girls, should be kept short until the seventh or eighth year, as the growing hair is a drain upon the nutrition of the body, and at this time of life all the nutritive forces should be expended in the growth of muscle and bone. The hair of a girl, after she has reached her eighth year, should be allowed to grow, as the less the hair is cut the softer and more beautiful it is.

STRAWBERRY SHORT CAKE.—Three pints of flour, six teaspoonsful baking powder (Clevelands preferred), one large teaspoonful of salt. Sift all twice, then rub in very lightly one cup of lard, and enough water to make a soft dough, on no account use any more flour even for rolling out. Divide this quantity in two equal parts, roll each half an inch thick, place one layer on top of other and bake twenty minutes in a quick oven. When done, part the layers without using a knife, and put the fruit between, serve with cream. (Contributed.)

Seasonable Suggestions.

Bathe daily.
Drink milk slowly.
Save your steps.
Eat your meals slowly.
Sponge your babies with cold water at bedtime.
For insomnia in summer time take a cold bath at bedtime.
Have your house gowns made with open necks and elbow sleeves.
Have mercy on your cook in your arrangement of meals for hot days.
Allow double the amount of time in catching boats and trains that you do in winter.
Press towels, folded as usual, through your clothes wringer and save your laundress.
In washing summer frocks, if the colors run, put half a cupful of salt in the last rinsing water.
Give your children water to drink during the hot weather. They need this to make up for the loss from perspiration.
Place a large dish of water in a room where the heat is very oppressive. Change once or twice, and the temperature will be perceptibly lowered.
Do not make too many visits, and where you go be sure that your visit is

a convenient one. Do not entertain too generously; summer should be a time of rest, and it is difficult to rest with a house full of guests.

Before going for a midday sail rub your face, neck and hands with simple cream and powder gently with cornstarch. Wipe the powder off, and on returning wash the complexion well in warm water and with castile soap. Camphor ice and buttermilk both give relief from sunburn.

To wash summer silks remove all grease or other spots with soap and water before proceeding. Make a solution of a teaspoonful of ammonia and a little soap in a pail of water, and in this dip the silk again and again until the dirt is removed. Do not wring out, but press between the hands. Rinse in water from which the chill is gone, and hang in a shady place until partly dry, when lay between two cloths and press with a hot iron.—*Ladies' Home Journal.*

Some World's Fair Oddities.

A cheese weighing 22,000 pounds is one of the Canadian exhibits.

Of the samples of Lyons silks shown in the French exhibits there are \$400,000 worth.

The man who has the exclusive right to sell peanuts at the fair pays \$120,000 for it.

Twenty-two tons of alum have been fashioned into a cave of wonderful stalactite formation.

It takes \$1275 to pay the bare cost of admission to attractions on the Midway Plaisance, the side show of the fair.

The thread of a British manufacturer is shown in a case, the roof of which is supported by onyx pillars, and this case alone cost \$115,000.

There is a sewing machine which the operator rides along the floor, as he would a bicycle, a hundred feet and back. It sews the seams of carpets.

The tower of oranges from Southern California is thirty feet high and five feet in diameter. At a little distance it looks like a solid mass. The oranges are put on as veneering. Each orange rests upon a wire loop, which keeps it from pressing against any other. At the base of the tower is a box with a slot in it. The person who guesses the number of oranges on the tower and deposits a slip will get a box of oranges when the fair is over, sent free to the address given.

A German clock, eight feet high, stands on a base of American walnut. It has a main dial of ivory, rosewood, ebony and mother of pearl. The sixteen other dials are enamel. The hands are of gold. By nine dials this clock shows simultaneously the time of the day in Berlin, Stockholm, St. Petersburg, Constantinople, Vienna, Rome, Paris, London, Washington, New York, Philadelphia, Caracas, Buenos Ayres, Quito, Mexico and San Francisco. A calendar face shows the day of the week of the month, the suntime variation, the moon's changes. Automatically the calendar regulates itself to provide for a leap year. This clock is wound once in eight days. It strikes the quarters and the hours. After each hour's striking a different piece of music is played. The value of the clock is \$6,000.

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