

In making up the waist the first thing to be done is to make a waist lining to fasten up the back.

The silk front is made full from the neck, where it is gathered and tacked to the lining. The neck band, also of silk, which forms the finishing to the neck, can be made plain, or a little flattened with or without the bow where it fastens at the back, after being fastened well to the waist lining; no sleeves are needed as the coat covers all. Round the neck a frill of narrow lace sewn on in double box pleats makes a pretty and becoming finish. If you have enough silk, make your belt on the bias



and without lining. For a 20 inch waist you must have a strip of silk at least 24 inches in length and 12 inches in depth. Hem by hand top and bottom. Two rows of shirring down the middle of the silk, with a steel sewn on under forms the back; the front where the belt fastens is made in the same way, only that the lines of shirring must be curved in slightly towards the waist line. A little passementerie down the front and back hides any stitches and makes a very nice finish.

#### HOUSEKEEPER.

**LET THE SUNLIGHT IN.**—Sunlight is a great disinfectant. In the very early morning allow a stream of it to pass through every room, but as soon as the heat of the day begins, say nine o'clock, you should always close down the windows, or close in the blinds, that the hot air may not condense on the cool walls.

#### TAKING CARE OF THE KITCHEN.

—A comfortable kitchen is of first consideration during these hot months. A well-regulated kitchen, of course, to be of easy service, must be small. A coal fire should not be allowed to mar the comfort of the occupants of the kitchen. Place a small oil or gas stove where it will be in the light and out of the draught. The floor of the kitchen should be either plain softwood, painted, or hardwood, polished. The windows and doors should be covered with screens, and protected from the sun by summer awnings. Have the kitchen table placed before the open window on the west or north side, the refrigerator in the darkest, coolest corner. Of great importance is the rapid clearing away of all substances upon which flies may feed. The life, health and happiness of every family come from the kitchen, so clean it first and keep it very clean. Drop all fancy and fussy cookery. Live simply and daintily but easily prepared food. Fruits are plentiful and do not

require cooking. Use them freely. Green vegetables are everywhere, are cheap, and are easily cooked. Do not serve December meals in midsummer. "L. Journal."

**THE SELECTION OF FOOD.**—Any deviation from Nature's path will bring disease, particularly during the summer months, consequently great care must be exercised in choosing food. Do not dissipate in the way of ices or cold drinks. They create thirst, suddenly lower the temperature of the stomach, induce digestive disorders, and are extremely injurious. Water may be comfortably cooled in porous earthen jugs, or the water bottle may be filled and placed in the ice-chest, having first, of course, been plugged with a little raw cotton. The skin should be kept in a good, soft condition so that the perspiration may flow easily and freely.

#### USE OF CAMPHOR IN THE HOUSE

—Put into the closet a tin or granite pan containing a few live coals; sprinkle over about two tablespoonfuls of powdered gum camphor, close the door and allow the fumes of the camphor to thoroughly saturate the closet. Camphor fumigation will drive mosquitoes from sleeping-rooms.

#### KEEPING THE FLIES OUT OF THE HOUSE.

—As flies are very fruitful conveyors of disease, try very hard to keep them out of the house. Cover all windows and doors with netting. If you cannot afford frames, tack the netting over the windows outside. This is a very good way. It allows one to lower the window from the top as well as to lift it from the bottom, making better ventilation. If door-frames are out of the question, tack netting very full to the top of the door casings. In the broad hem at the bottom sew sufficient good-sized pebbles to give weight, that the netting may fall quickly into place. If by chance the children hold the doors open for a moment, allowing flies to enter, place a little sticky fly paper here and there, or when you darken the room leave a crack of sunshine at any open window or door; the flies will in a moment follow the light and may then be easily brushed out of the room.

#### MAKING PUNCH FROM CURRANT JELLY.

—Whip to a froth half a tumbler of currant jelly, adding gradually half a pint of boiling water; add the juice of a lemon, half a cup of sugar, and then pour in slowly one quart of cold water. This is more wholesome served without ice, but as warm water was used for melting the jelly a palatable temperature may be gained by adding half a pint of finely-shaved ice when you are ready to serve it.

#### AN EXCELLENT TENNIS PUNCH.

Tennis punch is made by peeling and cutting one good sized pineapple. Pour one quart of freshly-boiled water over four tablespoonfuls of the best tea; cover and let it stand for fifteen minutes; stir and strain. Add to the pineapple a pint of strawberries cut into halves, and four bananas sliced thin, then add a pint of unfermented grape juice, and set it aside for at least one hour. Boil together one quart of water and two pounds of sugar, having added the grated yellow rind of an orange and lemon; strain and stand aside also to cool. At serving time add first to the syrup the juice of six lemons and four

oranges; then add the tea and the fruit mixture, with sufficient cold water to make a pleasant and refreshing drink.

#### A DELICIOUS FRUIT PUNCH.

—Put one pint of water and one pound of sugar and the chopped yellow rind of a lemon on to boil. Boil five minutes; strain, and while hot slice into it two bananas; add one grated pineapple and a quarter of a pound of stoned cherries. When ready to serve add the juice of six lemons. Put in the centre of your punch-bowl a square block of ice; pour over it two quarts of Apollinaris, add the fruit mixture, and at the last moment a dozen sliced strawberries, and mix all together. Serve the punch in thin tumblers.

#### HOW TO MAKE SALAD-DRESSING FOR COLD POTATOES.

—For the dressing, mash one potato fine, then rub it with a limber knife until perfectly smooth. Now, add gradually two tablespoonfuls of butter, work in the uncooked yolks of two eggs, season with a half teaspoonful of salt, a saltspoonful of white or red pepper, and then add gradually a tablespoonful of vinegar or lemon juice. At the last, give a thorough rubbing until the dressing has the consistency of a good mayonnaise.

Cucumbers sliced, lettuces, sliced tomatoes, make a very nice salad, with any of the usual sauces.

**FRUIT.**—Sliced bananas, oranges also sliced, a few very ripe strawberries, form a delicious mixture, with a sprinkling of white sugar.

A cold rice pudding, custard or a shape of blanc mange, with salad and fruit is far preferable in hot weather to meat for luncheon.

## The Dairy.

#### EXPULSION OF BAD FLAVORS FROM CREAM.

We see, in one of our exchanges, that, when milk has acquired bad flavor from the consumption of wild garlic by the cows, the best cure is to wash the cream with water in which saltpetre has been dissolved, and then to pasteurise it, i. e., heat it up to 140° F. or thereabouts. This is given as a new discovery, but there is nothing new about it, as it is the same plan as the one we have so often recommended for the expulsion of the turnip flavor; only, we advise treating the whole milk, not the cream alone.

#### JUDGING DAIRY COWS.

In the stable of the writer stands a cow that may be said to combine, to a greater degree, the excellences of a milch cow, than any previously, or now, owned by him, both in form and milk-fitz qualities. A stranger once seeing her, remarked, "She's a slicker!" and Slicker she has been called ever since. I do not know her origin or breeding beyond the fact of her every-way look of good dairy blood and every-way exhibit of dairy temperament. Her intelligence is fully portrayed by the look of her eye, and by its prominent setting. While it is not our intention to describe this cow, point by point, we wish to note a few of them, and ask the reader to measure up some of the

best cows of his herd and see how far they agree.

The writer of this is so placed that he is the "looker-on in Venice" of many cow sales, and even in a dairy country, where dairying is the chief occupation of the inhabitants, it is rare that a man buys a cow, or forms his judgment about her, by any scale of points. There is just a huddle over a few dollars' difference in the price asked and offered, leaving the impression that the buyer's desire in the premises was simply to buy a cow, to keep the number of his dairy herd good, and to trust to the fates about her being of any dairy value. These men usually say, "Oh, she looks like a good cow," but never judge by anything like a scale of points, such as a horseman would enumerate if he was called upon to buy a trotting horse, but was denied the privilege of speeding him. We are more than ever convinced of the value of form, in judging the worth of a cow, and when a man purchases a cow, basing his choice on dairy form and indicated temperament, he will not go far astray, and failure will, nine times out of ten—should it result—come from the side of neglect and mismanagement of the man who raised the heifer, rather than from a weak point in the scale of signs that go to make up indicated performances.

Four signs, or points, are notably conspicuous in the cow referred to—the eye; a strong, well-defined backbone, with prominent spine processes; an udder of fine proportions, and covering a large area of abdominal surface, and unusually wide apart forward legs, denoting large room for the vital organs and unrestricted heart action. So far as our observation goes, the best cows are those with the most pronounced eyes, not of the protruding kind, with a wild stare, but bright and expressive, with an intelligent gleam that tells of brain power. To get this well-placed eye, there must be the dishing face, lean of flesh, and not unlike in type what is seen in the running horse of great nerve and speed. The eye and brain have not a little to do in the make-up of a great producing cow, and her eyes and ankles have an important bearing on milk yield, especially in that which relates to the person who milks and cares for her. The cows that have the highest-wrought organisms, are the strongest in their affections and attachments to home, food and the person with whom they come in most frequent contact. If this association is one of agreeable import to the cow, she is far more likely to respond generously and willingly, than if she stood in fear, or oft-disappointed expectancy. Of the backbone, with its spines protruding well above the shoulder blades, little need be said, more than that this indicates a greater nerve force, or organism, than the straighter backbone, and its accompaniment of tall, lanky tissue. If the backbone rises well over the hips, so to make it conspicuously prominent, all the better, as we are more sure of finding the long hip and spread thigh, giving increased room for the well balanced udder we must have in the great milker. I do not recall a single cow of mine, of large producing power, that did not have this high pelvic arch, and far from a straight back. All this means enlarged organs and open organism. Milk giving is a matter of commercial importance to the fryman, and is a distinct function, in beef and fat