VICTORIA SEMI-WEEKLY COLONIST

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Feminine Fancies and Home Circle Chat

SILENCE

HE very last new cure which has come to the fore is "silence." Excessive talking is held responsible for many of the nervous diseases and the increasing amount of insanity which affect modern society. All people of sense will admit the intrinsic virtues of silence, its therapeutic effects in illness, its pleasantness in daily life, when the silence about us does not spell sullenness or sukiness or dull-ness, but is the outcome of charac-TIL Quietly cheerful people are delightful to live with,

pink roses.

pink at the tip.

Quite a feature of fashion in the exclusive ateliers

A lovely cinnamon brown filet net model was ar-ranged with high pour crown and brim of the same, bound with harmonizing taffeta, that undulated over a frill of Paris tinted lace, artistic relief being

a find of Paris inted face, artistic refier being found in a bandeau and starfish bow of cerise velvet. The black Charlotte Corday is replete with fascina-tion, the lightness and fussiness of the pour crown and attendant frill brim affording a delightful ex-pression for fine spot net and lace; while it prom-ises the very happiest crowning feature to the pretty light summer muslin and volle frock.

Nor must the cretonne model be overlooked in

the millinery world, its presence proving a delightful break from the more ubiquitous Tagal chip Duns-table shape. An example shown the other day was

of pompadour cretonne, a lovely design of shaded

position a lovely pink algrette sprouting from a panache of ostrich feathers shading from white to

ODD MOMENTS

mounted on the finest of wire shapes

erhaps the best type of companions.

Which of us has not suffered at the hands of the incessant, persistent talker? We do our best to keep them out of our own houses; but when traveling or visiting, times will occur when there is no escape. How dreadful to be cornered, buttonholed by the talkative bore! His voice drones on persistently as he tells you all the things you don't in the least want.

Talkative women are bad enough, but talkative men are ten thousand times worse; much heavier in hand, more difficult to get away from. Luckily, they are not quite so common. But how is it that too talkative people are so tiring? After all, they talk; we don't. Why do they exhaust us as well as them-selves? Common politeness demands some appear ance of attention, and sometimes our sympathy is demanded, and that is very tiring, indeed. Talkative people who are always talking of their symptoms, and telling us about their ailments, past and presen

and telling us about their ailments, past and present, and to come, are, perhaps, the greatest vampires of all. While doing themselves no good whatever, they are sapping the vitality of their hearers. People induce illness by talking about their health symptoms," say those who recommend the silence cure. With this we cordially agree. "Talk-ing about the symptoms is held to be a fatal habit," and the patient is strictly forbidden to discuss or even allude to them. What double comfort! Com-fort to those victims, the unwilling listeners, and comfort (if only they knew it) to the sufferers them-aelves. There are certain health resorts at home selves. There are certain health resorts at home and abroad where this rule of silence would be as useful as the mud baths, the salt springs, or the water cures. Well people who take invalids to them have been known to come away in worse case than the patient, with their own nerves shattered by constant dwelling upon illness and its symptoms. On the other hand, surely the "silence curers" who contend that "people who are silent by nature are seldom ill," are going too far. Taciturnity is quite as frequent a sign of illness as over-talkativeness, and when a naturally faikative person becomes sud-denly silent, it is just as serious a sign as when a silent person all at once becomes loquacious. Both changes may point to a nervous breakdown, or some

chapters may point to a hervois breakdown, of bond other ill. Of course, in talk the golden mean is best. Pleas-ant talk on pleasant topics is so agreeable, and a good talker such a valuable social asset, that we would not carelessly denounce all talk as the crack-ling of thorns under a pot. There is a pleasant kind of crackling which one would be sorry to lose. May the ventilation of these ideas about "silence curing" bring about a reformation that has long been needed. If it imposes more reserve and silence upon those who have been too fond of publicly dis-cussing their different "cures," their aliments, and their symptoms, it will do worlds of good-good to the talker, "who now must save his breath," and good to the listeners, "who have been nearly bored to death."

THE DOMESTIC WOMAN

She really does exist. That is the first thing to make clear. In these days, when home is defined as the place where people keep their servants it is al-most a shock to meet the woman who loves her home with quiet and unostentatious devotion, the woman, who finds her time fully occupied in looking after her household and bringing up her children. The domestic woman is one to know not to meet

The domestic woman is one to know not to meet casually. She is often a little dull when she is out, a little ill at ease, too, as a snall might be without his

satin charmeuse; the polonaise is of grey sole de chine, with the most beautiful embroideries of raised roses and true lover's knots in tones of green and grey shot with mauve and pink. The real lace chemi-sette is matched in the lace bows on the hat. There sauce, and garnish with slices of lemon, parsley, or anything you have at hand.

Cradled Eggs

sette is matched in the lace bows on the hat. There is just a suggestion of the darker green of the skirt introduced in the high swathed waistband, and this is again defity included with the bodice. Very quaint and original is a muslin and lace coat after the Directoire style. The underdress should be of white point d'esprit with a cream lace border, and coat of the same spotted net lightly appliqued with lace, which is again introduced in the chemisette, and becoming folds holding the coat together across the bodice. The trimmings should be in black and gold, completed by an all-black hat. A very pretty and dainty style is a new coatee of coarse tussore in Wedgwood blue, worn over a simple white batiste frock inserted with broderie Anglaise. The hat should be in Wedgwood blue, trimmed with pink roses.

Cradled Eggs Required: Half a pound of cold veal, tablespoon-fuld of melted butter, chopped parsley, three or four signets alt and pepper, one gill of white stock and signets of toast. Method: Mince very figely some cold veal (or if you have it, and would prefer it, some cold chicken will do equally well, or even better). Add a table-spoonful each of melted butter, chopped parsley, and a well-beaten egg. Season all with pepper and salt. Place enough stock or gravy in a saucepan to moisten the meat over the fire, turn in the mixture and sim-mer for about eight minutes. When thoroughly moistened, blended and, heated through, place the mince on a hot plate and make it smooth across the top. Build a fence of nice, crisp pieces of toast round the sege of the dish, will contain, and place them in this meat bed, garnishing with parsley. Serve witg each egg a spoonful et this delicious in context et and the state of the context of the schedule of the schedule of the schedule of the disclose of Quite a feature of fashion in the exclusive ateliers is the old-world mousseline delaine Princess scarf, made of a kind of silk and wool mixture. In the dis-tance it looks like a very fine chintz, for the patterns are very much like those seen in chintzes. They are, of course, a novelty, and for the moment form a dainty finish to the summer toilette. The Charlotte Corday hat as fashioned at present cannot fail to "catch on" with great avidity. Primarily it is won-derfully becoming, and secondly, extreme lightness of weight marks it for its own, since the favorite examples are fashioned exclusively for spotted net mounted on the finest of wire shapes.

being on the top. This dish will prove really delicious if prepared according to this recipe.

Fillet Steak and Saute New Potatoes

Required: A steak two inches thick, two table-spoonfuls of oil, two pounds of new potatoes, two ounces of butter, chopped parsley, and lemon juice. Method: Take a nice steak from the fillet of beef, and let it soak for two hours in salad oil. Wash the potatoes in cold water, scrape them and cut them in unarters. Set in a source or old water and ellow quarters. Set in a saucepan of cold water and allow to just boil up. Strain and wipe dry in a clean cloth. Put two ounces of butter in a stewpan and toss the potatoes in it over a quick fire for several minutes. so that they are evenly browned, drain on paper. Broll the steak over a clear fire, and serve very hot. Spread a little butter mixed with parsley and lemon juice on it, and arrange the potatoes round the steak.

Boiled Loin of Veal

or pointpation creating, a lovery design of shaded roses in pink, trailing over a white ground. The shape arranged with high jampot crown and appreci-able brim swept up at the left side of front. A drapery of souple ribbon showing the same grace-ful rose pink pattern, was twisted round the crown, a handsome bow at the left side holding in erect position a lovely pink algorithe smouting from a

Boiled Loin of Veal Required Six pounds of veal, carrot, turnip and onion, one gill of milk, half an ounce of butter and half an ounce of flour. We generally meet with this joint when roasted, but it is really excellent when boiled, and have we not always use for the delicious veal broth? Method: Take a piece of the loin weighing about six pounds and plunge it into almost boiling water. Bring to the boil quickly, skim thoroughly and add a blade of mace, a stick of celery, if you have it, and a carrot, turnip and onlon. See that there is just enough water to cover the meat and let all simmer a carlot, turning and onion. See that there is just enough water to cover the meat and let all simmer for two and a half hours. When nearly cooked, add pepper and salt. Drain the meat, put it on a hot dish, chop the vegetables small, pass through a sieve, add to it some stock and thicken with butter-and flour. Let all boil us, season with white pepper and salt, stir in a gill of milk and pour over the meat.

Scotch Cheesecakes

Required: Half a pound of flour, quarter of a pound of, butter, two ounces of sugat, four table-spoonfuls of water (for the pastry), three eggs, three ounces of sugar, quarter of a pound of butter and

the rind of a lemon. Method First make the pastry, by rubbing the Method First make the pastry, by rubbing the quarter of a pound of butter into the flour with the finger tips, add the sugar, and when all is mixed meisten with the water. For the filling part, put the butter and sugar into a bowl over a saucepten of bolling water, stir them one way till the butter dissolves, then take from the free add the grate fit rind and the eggs. Continue stirring, placing the basin again on the saucepan of bolling water. Rol out the pastry thin, cut into rounds and place one on each patrypan, half fill the cases and bake in a moderate oven till a delicate brown. When cooked, dredge lightly with cinnamon and castor sugar.

Cup Custard

that be" informing me with due solemnity that they "still find a certain demand for the drawing-room suite.

suite." Now, the sooner this "certain demand," is stopped, the better-for the generality of our readers! Of course some of you may have inherited a suite of truniture such as I have described, which is too good to be thrown away, and for which you would obtain next to nothing if you attempted to sell it. Let me therefore advise you to merely retain the couch, the two easy chairs and one of the other chairs, which will probably be useful at the writing table of your resent sitting room. Relegate the remaining five chairs to different parts of the house. For your sit-ting room have loose covers made of some pretty cre-tone, if the covering is in any way solled or dis-figured. If it be of brocade or tapestry, perhaps just a little judicious cleaning will make it all that is necessary, but above everything, cover up carefully from view plush or saddlebags, if this be the material in which the furniture is draped. The legs slightly shortened of one or two of these or morning rooms will be found to be very useful. So much for the drawing-room suite, and the sooner independ house keepers! The present-day drawing the house keepers! The present-day drawing the most pretty and comfortable apartment possible, and this can be achieved at very little cost. I would not advocate that the young couple just about to furnish, should make a point of spending all their Now, the sooner this "certain demand," is stopped

not advocate that the young couple just about to furnish, should make a point of spending all their money at one firm, although there are reliable firms which, when the householders are in doubt or diffculty, would undertake to furnish the entire house both conscientiously and well for a very moderate sum, but far better is it, provided time be no object, for the bride and bridegroom elect to take plenty of leisure and time to inspect the items at several houses before making their selection.

houses before making their selection. Of course in these days of rush and hurry, it is often more pleasant to make all one's purchases under one roof, but sometimes one has the unhappiness af-terwards of seeing elsewhere something that would have pleased them far better had it met their glance

sooner. Upholstered easy chairs, Chesterfield, or Sheraton couches, with simple occasional chairs of oak, or rush seats, or Sheraton work, with upholstered seats, do much to make a delightful sitting-room, while for dining-room use, I have seen marvellously inexpen-sive suites in light oak, or dark carved oak, which have been a positive revelation as to what may be done at a very reasonable figure. Bedroom suites are now far more inexpensive than they used to be and a very pretty liftle suite can be

done at a very reasonable figure. Bedroom suites are now far more inexpensive than they used to be, and a very pretty little suite can be obtained for an absurdly small sum. White enamelled wood always looks and wears remarkably well. Where this suita is utilized a bed of wood, or entirely of brass should be used in the room, the ordinary black iron bedstead combined with brass does not appeal to me at all, though white enamelled iron bed-steads are very neat and quite pretty in such a room. Far rather than the black and brass ones would I have a wooden bedstead of oak er mahogany to match the suite of the room for which they are intended. For schoolroom and nursery use, there should be a freedom from furniture which is much upholstered, and where upholstered furniture is necessary. It should certainly have a cretomic cover which can be removed and washed without any difficulty. There again the oak framed, rush seated chairs form admirable examples of the furniture suitable, while whatever draperles are employed in the nur-sery and schoolroom should be always of cotton fab-tic and of a washable nature. Little people are so very apt to contract infectious diseases that such forethought and arrangement is really necessary, and oftentimes will prevent the spread of serious ill-nesses.

Whatever the furniture speed of serious ill-nesses. Whatever the furniture speed of children's or servant's use, it should be well made, and of a firm and reliable nature. Anything of the "gimcracky" or-der, "easily-overturned" description should be rigor-ously avoided. Never overfurnish your rooms. It is far better to have few items of furniture and plenty of space round them, and one has the advantage too, of seeing the beauty of each article. Overcrowding is never to be encouraged in anything, but especially in furnishing.

furnishing. It is far better too, to have simple furniture in It is far better too, to have simple furniture in simple rooms, and to keep everything in perfect har-mony, a small and dainty room, be it never so simple, and plain, is ten thousand times more to be admired than a florid room, crowded out with gorgeous and massive articles of ponderous furniture.

Sensations give passing delight, but sentiment A man may be a large duck in his private puddle, but when he strikes deep and strange waters, he

forgets how to swim. * Matrimonial Misfits Nine-tenths of the unhappiness of people who imagine they have contrived to marry unhapping is purely of their own making. The world would not go right with them whether they were single or

> "Supposing" Supposin' each small boy or girl Who hates to go to bed Should turn into an owl by night And sit and wag his head, Content to stay till break of day And never sleep a wink, And be in line for school by nine— Could he recite and think? Could he recite and think?

married.

Supposin' every careless child, The small ones and the big, Whose table manners were not nice, Should turn into a pig. And have to eat without a plate, A napkin, spoon, or fork, And while they grunted never know How soon they'd change to pork.

Supposin' each child who deceived. Supposin each child who deceived, With black or yellow locks, And who was sly or told a lie, Should turn into a fox; He'd have to prowl around by night For chickens then to steal, And, oh! to swallow them uncooked-How do you think he'd feel?

Suppose each child who wouldn't Comb his hair or wash his face Should look into the glass and see A doggie in his place.

They prophesy strange things next year, So, lest you come to grief, Let me advise such children now To turn a brand new leaf.

Now

When should I speak a word of cheer To the fainting hearts that are ever near? Now!

When should a helping hand I lend To those who under a burden bend? Now!

When should I do the work to do And pay the duty I owe to you? Now!

When should I do all in my power To fill with sunshine the passing hourt

When should I love and charity show For all my fellows here below? Now!

Friend, do the work that there is for you-Speak the kind word, and the good and true, Help the weary, and do your part To brighten the day, and lighten the heart,

-Henry Waldor F. Francis.

An Old Song "Heart of my heart, I love you so-" The song is as old as the winds that blow, Centuries since, when it was sung "Twas already old, though forever young; A sigh blown down from the Long Ago-

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Friday, Jul

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shell. But when one sees her in her shell, in her home, she is perfection. Her house is scrupilously clean and well appointed, her servants have none of that brusque independence which characterises the servants of the mistress who leaves the running of the home to them, while she seeks food and amuse-ment abroad. The domestic woman dislikes restaur-ants, and cannot understand why people do not lunch and dine at home. She takes infinite pride in her cook, and would not dream, if even she could afford it, of approaching the kitchen only through the medium of a housekeeper. The domestic woman and her house, stand in much the same relation to each other as the chauffeur and his car. She under-stands that the house will not run smoothly unless

meaning of a nonsequeper. The contestic woman to each other as the chauffeur and his car. She under-stands that the house will not run smoothly unless she gives every detail of the machinery expert atten-tion, and she spends her life in cleaning and over-hauling all its intricate organism. The bright side of the pleture is the practical result. If one goes to stay with the domestic woman, one finds oneself in clover; perhaps it would be truer to say in lavender, of which there is a subtle scent about the sheets purest and finest, of linen sheets one thinks with dismay of one's own untidy. Bohemian household, where a scratch on the paint is not immediately healed, where there is plenty of dust and no lavender. It is all perfect. Then suddenly the perfection gets on one's nerves. One sees that the domestic woman is a slave to the house. It is of the house she thinks morning, noon and night. She will not delegate any work in connection with it to the hands of others. It is she who must make the new cur-tains, she who must choose the new kitchen paper, she who must train the new Chinama. The voted mother, cannot compete with the house in her regard. If her husband is untidy, it causes her her finite grief. It is about the only grief that the do-mestic woman ever knows—an untidy husband. For she is not given to worrying. She is generally plump and wears a pleasant expression, springing from a conviction that no home is so nice as hers. No child-ren so healthy and well cared for, no differes so well cooked. She is neat in her dress, but she gives very little time to her dressmaker and she has a horror of shops, except those whose goods are destined to glosi-fy the house. She knows the greengrocer and the fishmonger far better than the draper or the milliner. She will read a little in the évening, but always with a kind of detached air, as if she could not wholly ne-glect the charm of the house for any work of fiction. "Boull" said someone of a perfect specimen of the phoard". "Soull" said someone of a perfect specimen of the type "If she has one she keeps it in the store cupboard.'

FASHION'S FANCIES

Of the many attributes required in a beautiful frock the greatest of all is style. It is the contempla-tion of Paris fashion that makes us realize, not with hatred, or malice, but with envy, the inimitable way a Frenchwoman has of putting on her hats and dresses. So many Englishwomen have a wrong idea dresses. So many Englishwomen have a wrong idea of Paris frocks, and imagine that they are all over-trimmed, gay and elaborate; whereas, as a matter of fact, the French lady walking in the Bois in the morning, who is interested in her house and affairs, is, as a rule, charmingly and most simply attired. Wise in her generation, the true Parisian seldom tries to walk in a long skirt; she knows it cannot be done gracefully, and is at all times uncomfortable and incongruous. It is her wonderful chic that makes the Frenchwoman look well dressed in her simplest morning cottons, linens, tussores, or what you will. A tussore in the natural shade is suitable for morn-ing weas. It is smart-looking yet plain, trimmed A tussore in the natural shade is suitable for morn-ing weat. It is smart-looking yet plain, trimmed with soutache to match, and a pale Empire green band is introduced; while the buttons should be of green and biscuit color mixed. Made with a slightly pleated corselet skirt, it is admirable for walking in and is yet smart enough for luncheon. The chemi-sette and sleeves should be of tucked d'Alencon net. This costume worn with a very simple straw hat trimmed with shaded guills to match, is charming. A beautiful reception gown shows the new tight draperles over a severely plain underskirt of green

ODD MOMENTS If we are to be judged on any one count, let it be by the use we make of our odd moments; there is no truer index to character. We are then off our guard, and studied occupations, and consequently more easily betrayed into some cherished weakness. A witty bachelor used to say that he would be afraid to propose to a girl until he had seen how she behaved when a sudden alarm of "fire" was raised. He bad been better advised in making her employment of her odd moments the test, for women are more frequently possessed of courage and resourcefulness than of that staying quality and perfect self control which are only displayed in the slack moments of life. Odd mo-ments are like odd pence, only infinitely and infor-parably more precious. Threaded together they stretch into hours and days, weeks and months, scat-tered they are as a thing of nought. In order to em-ploy our odd moments to advantage we need not be fussy, indeed one of the best uses to which they can be put is resting-really resting, not idling-for be-tween these two which thoughtless persons confound there lies the distance of wisdom and folly. Rest ha your odd moments, if you need rest; the closed eyes, the darkened room, the soft couch, for half an hour may mean an indelculable gain in vigor and useful-magine that rest and dawdling are interchangeable terms. Next to rest, let us put small duties, things the have to be done at some time, and which are ap to morach on our working hours, if not disposed of It have to be done at some time, and which are ap to encroach on our working hours, if not disposed of in the odd moments of the day. How vexatious it is to find oneself with two hours which ought to be svailable for some lengthy uninterrupted task but which will be half frittered away, before it is even begun, by the number of small duties that have been left over. eft over.

left over. Get the trifles out of the way and do not let them snoumber your working time. It is quite possible to make our old moments profitable by keeping on hand a book, a plece of needlework, of the "put-down-able" kind, or a song, or instrumental plece, that can be practised piecemeal. "How do you find time to keep up your music?" says Idleness to Industry, "By work-ing at a phase or two in my odd moments," is the answer. Knitting may be thought preferrable to sewing, as it is more easily taken up and put aside, but there are many kinds of sewing too that can be pretty set of pinafores belonging to a little girl of six or seven, which go by the name of "the scraps," for odd lengths, in scraps of Mother's time, and, by the way, if any one wants a startling lesson in economy with that of the home manufactured article.

with that of the home manufactured article. Then there is reading. We cannot sit down to a book requiring strenuous attention, if we are likely to be interrupted in ten minutes, but how much we can get through if we like. Short essays, poems, par-ticularly lyrics, books of table talk, practical phil-osophy, letters, a good many biographies, to say nothing of novels, and some good books of travel. In every library of devotion too, there are books uitable for glcking up at odd moments, and the wonder is that, when so many good opportunities are existing of improvement; any of the "pearls on the necklace of time" are wasted.

A USEFUL BUT DAINTY MENU

Consomme Stewed Flounders; Cradled Eggs. Fillet Steak and Saute New Potatoes. Boiled Loin of Veal. Scotch Cheesecakes; Cup Custards.

Consomme

Required: Half a pound of beef, small carrot

Required: Half a pound of beef, small carrót, sult, pepper, a few peas and young carrots. Method: Scrap and chop up finely half a pound of beef. Clean and cut small a carrot, turnip and small onion. Place the stock, meat and vegetables in a copper stewpan. Stir all together over the fire till just on bolling point and then take out the whisk and let the soup boil up. Take a clean, thick cloth, pour bolling water through it to wash it and warm it thoroughly. Place the cloth over a large basin and pour the contents of the stewpan on to the cloth sentity, and let the soup run through slowly twice. Pour the soup into a clean saucepan, add pepper and salt and, if necessary, color slightly. Put some bolled peas and carrots that have been thoroughly strained into the tureen and pour the bolling soup over all.

Stewed Flounder

Stewed Flounder Requiréd One good sized filleted flounder, one ounce of butter, chopped parsley, half an ounce of flour, half a lemon, cayenne, and sait. Method: After filleting the flounder, stew the bones and head of the fish in half a pint of water. Put the fillets in a flat cutlet pan with a gill of water and stew gently for eight minutes. Strain the bones from the stock, dissolve the butter in a stew-pan, add the flour and stir over the fire till dissolved. Season with sait and cayenne. Gradually add the fish stock and stir in till the sauce is thick. Stir in a dessertspoonful of chopped parsley and the juice of half a lemon. Place the fillets of fish (which have been kept very hot) on a hot dish, pour over the

Cup Custard Required: One pint of milk, two eggs, a little sugar, vanilla flavoring. Method: Boil the milk, and directly it has cooled a little, pour it on to the beaten eggs. Beat all to-gether thoroughly, add the sugar and flavoring. Pour into buttered cups that can be sent to table, atand the cups in a gan of boiling water, then put in a moderate oven and bake till the custards are set. When done, take the cups out of the water, and leave them to get cold, garnish each with a two them to get cold, garnish each with a teaspoonful of whipped cream, and serve. .-----

SMALL TALK

In the sense of the present season, and that is said fore the end of the present season, and that is said to be the principal reason for the return to this coun-try of the Duke and Duchess of Connaught. The lady with whom the young Prince's time is coupled aughter of a well known figures in society—the society of the best known figures in society—the society of the best known figures in society. She is an excellent horse woman and it was at a Prince Arthur marries, the King has declared his in-tention of presenting York House to him, and it is for this reason that the re-decorations and returnishings there for the visit of the President of the French Republic have been so resplendent. Certainly noth-ing like the same amount of work would have been only for temporary purposes. In addition to be the most perfect German scholar of any of our royalties, and the best his language with as much fluency as been so as English.

Two years ago the Prince and his young neighbor of the age ago the Princess Alexandra of Fife, the eldest daughter of the Duke of Fife and the Princess Royal decided she shall make her first appearance in so-clety at one of the May courts next year. The young Princess is very like her mother, and it is feared that she shares something of the Princess foreation is angling, and she is a very expert holder of the rod, and often accompanies the Prince of Wales when his Royal Highness is at Abergeldie Castle. Two years ago the Prince and his young neighbor to have another either to hook, but never to land. One morning before lunch the Prince set off determined to say nothing to almost to the river when he met remeant carrying the identical fish behind her.

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SUITABLE FURNITURE FOR A PRETTY HOME

They say that one half of the world does not know how the other half lives, and certainly one half of the world does not possess the smallest idea as to the suitable surroundings in which the other half spend their lives! In the first place we are far too apt to aim at copying our neighbors instead of striking out an entirely new and fresh line for ourselves. If Mrs. A. buys a drawing-room suite of doubtful characteristics; upholstered in a certain shade of bro-ade, Mrs. B. considers it her bounden duty to go and do likewise, probably merely varying the shade of the brocade.

brocade. Mrs. C, having investigated both these homes, thinks that she will go one better, and places herself in the hands of a firm, with perhaps not too artistic tendencies, who will manage to persuade her to in-vest in something certainly more expensive than the furniture of her neighbors, and probably in far worse trate.

I have thought for some months past, that the drawing-room suite properly so-called, consisting of a couch, six chairs, and two arm-chairs all upholster-ed to match, was as obsolete as the dodo, but a recent visit of inspection to some well known furniture houses, has convinced me of my error, the "powers

HEALTH AND BEAUTY HINTS

The old and well known truism, "Worry, not work, The old and well known truism, "Worry, not work, kills," should have a more practical recognition than is generally accorded it. Women as a rule are apt to get into the habit of worrying. The person who worries becomes possessed of one idea; often the worry relates to one subject alone—business, money matters, unsatisfactory children, or any of the other evils of the list. Continual action of the same set of brain cells at last breaks them down. Almost anyone can stand sharp occasional attacks of worry: anyone can stand sharp occasional attacks of worry; it is the continuous and persistent experience that eventually kills.

If a woman is to protect herself from the ravages of worry, and so retain her youth, she must come into frequent contact with other people. She must read books and relieve the monotony of confinement within four walls by taking a daily out-of-door ex-ercise; in short, she must exercise body and mind in a healthful manner. And she will find the bloom of youth and health remain with her for years after it has faded in less wise women of the same age. When a monotonous existence is led, the mind has no occupation but worry. Intercourse with others and a certain amount of daily exercise can be taken without neglecting the home, and every right-mind-ed man will do his best to secure for his mother, his sister or his wife these aids to the retention of youth-fulness of body and mind. fulness of body and mind.

It is curious and also interesting how medical as well as popular theories change as time goes on. Not so very long ago the eating of food of any kind im-mediately before retiring was considered almost a crime. The whole theory is quite exploded. While a heavy meal should not, of course, be taken just before retiring, a little light nourishment is really a necessity, especially for those who are in a weak state of health. A good deal of the prevalent in-somnia is the result of an unconscious craving for food in persons who have been unduly frightened bed, or who-have, like many nervous, dyspeptic women, been keeping themselves in a state of semi-starvation. Whenever there is a tendency to in-somnia, therefore, or when there is general weakness and debility, a little nourishing broth or, better still, a cup of hot milk or Benger's food, before re-tring to rest is greatly to be advised. It is curious and also interesting how medical as

POETRY AND RIDDLES

Charades

My first is a vegetable; my second is a domestic wl; my third is a handsome bird.

fowl; my third is a nanosine bit. Answer.—Peacock. My first makes all nature appear with one face; My second has music and beauty and grace; My whole when the winter hangs chill o'er the earth, Is the source of much pleasure, mischief and mirth. Answer.—Snowball.

A Good Riddle

Q.: Is there any special reason why a fex should want to kill chickens? A.: Yes. Because the fox has got a brush, but needs a comb to complete his toilet.

Sayings That Make You Think

Diligence is the mother of good luck. The pearl of patience grows in the shell of pain. The only way to insure happiness is to deserve it. Next to knowing a thing is to know where to look it.

Make enough good resolutions to have some ready

for an idle day. A HUR BUCKENE DU

"Heart of my heart, I love you so."

Heart of my heart, I want you so-Without in the sunshine the roses grow. But the summer day is sad and grey, Where is its joy with you away? The stars seem dimmed as I whisper low, 'Heart of my heart, I love you so.'

Heart of my heart, I miss you so. Sometimes in the twilight the tears will flow, Burring your picture before my eyes, But never the one in my heart that lies Clear and deep-cut as a cameo-'Heart of my heart, I love you so."

The Failures

We who have failed, remember this of us-O you whose hands have grasped the luminous And lovely thing that is your soul's desired, Though once we fell and blundered on the way, Though now we turn shamed faces from the day, Remember this, that once we, too, aspired.

We who have falled through weakness or surmise, Be gentle with us if we turn our eyes Sometimes from sight of those victorious, Crowned and exultant on the farthest height. Seeing that once we watched our arms by night, Seeing that once we dreamed to triumph thus.

We who have failed in life and love and task, Surely not overmuch this gift we ask. Be not too scornful, you whose glorious Undaunted souls pressed on through flood and fire Of those too weak to grasp a great desire. We who have failed, remember this of us.

-Theodosia Garrison in Cosmopolitan.

True Friends I go in the gray of morning, And labor till set of sun; Then home in the lengthening shadows I fare when the day is done.

What matter if steps be lagging, Or weary the throbbing brain; And what of the gibe of buffet That whelmed the heart with pain?

Away, O ye gloomy visions-Weird shapes that shall haunt no more! Your shadowy reign is ended-Forgot at my sanctum door.

Ah! there, in the quiet evening, I'm lord of a vast domain;
▲ "den" 'mid the tossing treetops, With vista of sea and plain.

*Tis crowded, aye, overflowing, With friends that are tried and trae-My books in their well-worn bindings, My pipe of the winy hue,

I dream, and a smoky tendril Enframeth fair Juliet's face Or dim in the mist of silver Is pictured a Grecian race.

I circle remotest Pleiads, Or delve in the ocean's floor; I tarry with ancient cave-men, Then wander by Nilus's shore.

I shrink 'neath the pale aurora That glares o'er some Polar plain, Or drift 'mid the Isles of Eden That jewel the Spanish Main.

And thus, when my toil is ended, And strivings of daytime cease, My pipe and my books about me. I stray in the paths of Peace.

-Mary E. Killilee the adjustment of the second state of the

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