

## INTERESTING THINGS FOR LADY READERS

Home and Other Helps with the Latest Notions  
in Dress from the Near-by Metropolis

All articles under this heading are written and contributed specially for THE OBSERVER by a lady experienced in the various phases of home life, under the nom de plume at present of M. C. W.

### Ungraceful Walking

How many of us walk gracefully? If we told the truth about it, and looked the fact honestly in the face, I am sure, we would have to acknowledge that most of us women walk badly.

I am referring only to ladies. This is a woman's page so we will leave the men out of the question, though I say in passing that men offend as much as women do, as regards the subject of ungraceful walking. In the eye of rush and hurry women have so many interests that the average woman does not have time to study how one shall walk, sit and stand with grace. Other things of more importance, push their little graces of person into the background. Often the subject is an important one.

I believe that the subject should be given more prominence in our school-rooms. The teachers of long ago, had many faults, but their attitude as regards this subject might well be copied by the teachers of to-day. I have thought of it and I believe that many ungraceful gestures are inherited, but much of the ungraceful walking is caused by tight shoes or shoes with the high or narrow heels. Grace of carriage is a thing to be desired by us all as a charming personality goes a long way towards making one's success in life. The very footsteps in this direction should be begun by mothers when their babies are small. After the bath a mother should rub the little back and legs of her child thoroughly and briskly with her warm hand, this helps to make the child's limbs supple and strong.

As soon as they begin to walk, with care the little ones should be taught to throw their chests out and hold their heads high, this expands the lungs, and also helps to give self confidence.

It is impossible for a child or person with a sensitive, shy, shrinking nature to walk with a buoyant self-assured manner, without having cultivated it. On the other hand, people who naturally possess self conceit, are very much inclined to swagger, which is an ungraceful as the stooping, gentle halting walk.

A course in physical culture is a very good thing to help one to overcome self-consciousness. A person who is conscious of his hands and feet, is never graceful; naturalness is grace. A great help towards graceful walking, is to dress the feet in comfortable low-heeled shoes, with thick soles. The weight of the clothing should be from the shoulders, the whole body should feel comfortable. The arms should fall without muscular tension from the shoulders and allowed to swing gently when one walks. A few weeks of care in this direction and one will form the habit of easy and graceful walking that will cling to them their whole life through.

### How to Make a Good cup of Tea

Tea, the cup which cheers but does not inebriate is a beverage which everyone uses, we might almost call it a staple article of our diet. In most of our homes it is used at every meal; for this reason it should be made with care for badly made tea is really injurious to health. Tea that is allowed to simmer on the range or hob until the decoction is rank, reedy, and bitter is nothing less than a poison. Tea that is allowed to boil, is utterly ruined and should never be drunk by anyone. Tea is so easy to make that many grow careless about its making. Marion Harland the greatest authority on cooking, says that she is speaking within bounds when she says she can count on the fingers of her two hands the tables at which she has had really good, fresh hot tea. She says the first rule for making good tea is that the water should boil, the second rule is, the water in which the tea is steeped must be boiling, and the third rule is that the water used for filling the pot must be boiling. These three rules must be observed or it is impossible to make good tea. She then goes on to say "Scald the teapot, put in an even teaspoonful for each person,

who is to partake of it, pour in half a cup of boiling water, and cover the pot with a cosy or napkin for five minutes; then fill up the teapot with boiling water from the kettle and take to the table. Fill the cups within three minutes or so, and have the fresh aroma of the delicious herb.

### The Good Old Times

"The first draft of the laws of Massachusetts, prepared by John Cotton, a Puritan Minister from Boston, England, embraced the following strongest specifications:

Whosoever shall profane the Lord's day by doing unnecessary work, by unnecessary travelling, or by sports and recreations, he or they who transgress shall forfeit 40 shillings, or be publicly whipped; but of it shall appear to have been done presumptuously, such person or persons shall be put to death, or otherwise severely punished at the discretion of the court. No one shall run on the Sabbath day or walk in his garden, or elsewhere, except reverently to or from meeting. No one shall travel, cook victuals, make beds, sweep house, cut hair, or shave on the Sabbath day. No woman shall kiss her child on the Sabbath or fasting day. If any man shall kiss his wife, or wife her husband, on the Lord's Day, the party in fault shall be punished at the discretion of the magistrates."

### Fashionable Plaids

This is the season of the year when trinkets are being packed and dresses are being made preparatory to start for boarding school.

The young girl who wishes to be up-to-date must have at least one plaid blouse in her wardrobe. Plaids are to be very fashionable this coming winter. One fortunate young lady informed me that she had two plaid blouses, a plaid skirt and a pair of plaid stockings.

Plaid waists made of the heavier weight wash goods will be much worn. I recently saw an imported plaid blouse of heavy weight gingham in the softer shades of green, red and white, with the red predominating. A ribbon belt of the same shade of red, with a white frill at neck and sleeves, made a very pretty blouse indeed.

### Josh Billings on Hens

The best time to set a hen is when the hen is ready. I can tell you what the best breed is but the Shanghai is the meanest. It costs as much to board one as a stage horse, and you might as well undertake to fat a fanning mill running cats thru it. There ain't no profit in keeping a hen for his eggs if he lays less than one a day. Hens are long-lived if they don't contract the throat disease; there is a good many goes to pot each year by this melonkolly disease. I can tell eggsactly how to pick out a good hen, but as a general thing, the long-eared ones, I know, are the least apt to scratch up the garden. Eggs packed in equal parts of lime water, with the other end down, will keep from 30 to 40 years, if they are not disturbed. Fresh beefsteak is good for hens: I suppose 4 or 5 pounds a day would be awl a hen would need at first. I would be happee to advise with you on the hen question and take pay for my advice in eggs.

### Well Tried Recipes

Railroad Pudding—1 cup of water, 1 cup of molasses, 1 cup of raisins, 1 cup of suet, 1 lemon, 1 teaspoon of soda, 3½ cups of flour. Steam 3 hours.

Lemon Sauce—1 tablespoon butter, 1 tablespoon flour, 1 cup boiling water, 1 lemon (grate fine and add juice only), 1 cup sugar. Boil.

Chili Sauce—12 tomatoes, 6 peppers, 2 onions chopped fine, 2 cups vinegar, 1 tablespoon salt, 1 cup sugar, 1 teaspoon each of cloves, allspice, and nutmeg. Boil till rather thick.

### Duration of Life Among Birds

Strange as it may seem there is not as much exact knowledge on this subject as one would expect considering the number of ornithologists and ornithological societies. The celebrated German biologist, Herr Weismann is

considered to be one of the greatest living authorities on this subject. He says that as a rule, birds and fowl have long lives. For instance, the small singing birds live from eight to fifteen years. Ravens have lived for nearly one hundred years in captivity and parrots longer than that. The wild goose lives upwards of one hundred years and are said to have attained the age of three hundred. Ordinary barn fowls live from ten to twenty years.

This great age seems to be given birds as a compensation for the great mortality of their young and for their feeble fertility. It is said from the small Island of St. Milda off Scotland; each year there are taken about twenty thousand young gannets and an immense number of eggs, and though this bird only lays one egg a year, and is four years in gathering its maturity, its numbers do not seem to grow less on this island. Herr Weismann observes such birds must reach a great age, or they would have become extinct long ago.

### Household Hints

Defaced kid boots will be greatly improved by being rubbed well with a mixture of cream and ink.

A carelessly kept coffee pot will impart a rank flavor to the strongest infusion of the best Java. Wash the coffee pot thoroughly every day, and twice a week boil borax water in it for fifteen minutes.

To clean old Lamp-Burners wash them in ashes and water, and they will come out bright as new. Many times a burner is condemned because the light is poor, when, having clogged up with sediment, the wick is at fault.

Crust in kettles is formed by every sort of water except rain water. A simple mode of prevention is to place a large marble in the kettle, which, by attracting the mineral particles in the water, will keep the inside free.

To remove a screw rusted in the wood heat a poker in the fire red-hot, and put it on the top of a screw for a minute or two; then take the screw-driver, and you will easily get it out, if you do it whilst it is warm.

A little saleratus rubbed on with the finger or a bit of linen, will remove stains from cups and other articles of tableware. It will also remove spots from marbleized oilcloths, and many stains from tin ware.

Liquid glue may be made by dissolving glue in strong, hot vinegar, and adding one-fourth as much alcohol and a little alum. This will keep any length of time when placed in a closely stopped bottle, and will mend horn, wood and mother-of-pearl.

To perfume linen. Rose leaves dried in the shade, or at about four feet from a stove, one pound; cloves, caraway seeds, and allspice, of each one ounce—pound in a mortar, or grind in a mill; dried salt, a quarter of a pound; mix all together, and put into muslin bags.

If the paper which is put over jelly is dipped in the white of an egg, it will when dry be tight and firm, and keep the fruit from molding with much more certainty than if it is dipped in alcohol or brandy. The paper which is laid next the fruit is meant, not that which is tied or pasted over the glass.

If you intend papering a painted wall, you must first get off the paint, otherwise the paper will not stick. To do this, mix in a bucket with warm water a sufficient quantity of pearlash, or potash, so as to make a strong solution. Dip a brush into this, and with it scour off all the paint, finishing with cold water and a flannel.

To make jet black ink, that is shiny and glistening when applied, dissolve in one-half pint of soft water, three-eighths ounce of potassium bichromate, and add sixty ounces of logwood extract dissolved in one gallon of water; then dissolve in one gallon of water, by continued boiling, borax six ounces, shellac one and one-half ounces. Mix all together while warm and add ammonia three ounces.

### Simple Way to Can Plums

Plums may be successfully canned without cooking. Select sound ripe fruit and with a sharp tined fork prick each plum in several places. Pack closely in glass jars, and fill slowly with boiling water. Put on the covers lightly, and let them stand for ten or fifteen minutes while preparing the following syrup: For each five pounds of fruit take ten cupfuls of water and two

and a half pounds of sugar. Boil for five minutes. After draining the hot water from the plums, fill each jar—overflowing—with the boiling syrup and seal at once. Keep in a cool dark place. When plums are cooked in syrup, the skin bursts and they lose their shape, but this method of canning keeps them whole and gives them the appearance of fresh fruit.

### Hats

Some of the newest hats have the trimming all at the back, this gives an odd effect at first. A wide-brimmed sailor with a large bow at the back is very chic indeed with a tailor made suit.

The newest hats from Paris and New York all have very high crowns. Fashion has decreed that low crowns must go. High crowns and short brims is the verdict for the winter styles.

### Cucumber Pickle

Pare and slice two dozen cucumbers, and one dozen small onions. Sprinkle them with salt and allow them to drain well in a colander. Then place them in a bowl, adding one quart of vinegar, one cup of olive oil, one quarter cup each of black and white mustard seed, one teaspoonful of celery seed, and one-quarter teaspoonful of powdered alum. Mix thoroughly, and seal in pint cans.

By M. C. W.

### Street Cries in Montreal

To a stranger on a visit to Montreal, and especially a stranger from a small place, probably the most quickly noticed thing is the various kind of street cries, while to the resident returning after a long absence, their sound is like the welcome of an old friend. They become, however, so much a part of the daily life, to those of the city, that few realize how many and varied they are. Seated at my window one rainy morning idly listening to the various sounds, along comes a reddish haired "sheeny," his boneyard of a horse jogging along in front of its load of rags, bottles, etc. "Rag, bawn, hot day" cries he of the long beard, in a voice that seemed more fitted for chanting prayer in one of the numerous synagogues. On he goes, sonorously rolling out the same old warning.

He hardly gets around the corner, when lo, bugle notes are heard. "Naturally one thinks the 'Vics' or 'St. Louis Cadets' are out on parade—you wonder, but it turns out to be a scissor grinder, pushing his apparatus, the worse for years of wear.

And then there is the banana men, two vigorous "Messieurs Johnny Batisse," who yell: "Noice Roy-up Banans, o-only fifteen cents a do-zen," every few minutes. They are all right too (the bananas), though you have to watch that no small bananas are palmed off, and we part with the necessary currency cheerfully. A little later another wagon is heralded by "Potatoes! Potatoes!" and "Noice Famuse Aps," yelled lustily by another pair of young jehus, which to the initiated conveys potatoes and fameuse apples.

And as they are gone, down the street comes a poor old-fellow with grey hair, turning an ancient hurdy-gurdy, and "Little Annie Rooney" falteringly floats out on the morning air. One feels touched and parts with a "ha-penny."

Then a legless fellow rings the bell, and I say as my company goes to the door: "If it's boot laces, I really can't, but she comes in with a dewey eye, and "He says he has not had a meal to-day," is what I hear, and there I am—in for another dozen, although I don't use that kind, and have five dozen on hand.

But the sun is out again, and sparkles and glints among the trees. A block or two away a high-class street piano is playing "The Glory Song," "Overture from William Tell," "Wedding March from Lohengrin," "Sing me to Sleep," and the latest songs. These mall boys and girls are out from school for the lunch hour and run mad races over the pavement, yelling in French and English, a couple of dogs chasing them and barking. Brightly painted delivery wagons rattle by, and the hum of the trolley car is heard. Oh, isn't it good to be alive in the heart of so much life, and in the words of a street urchin, I say fervently to myself: "Montreal for mine."

CONTRIBUTED BY W. M. A.

### Sassy About It

"If you don't like the tone of this paper tell us in a letter containing a dollar bill, the price of a year's subscription. Otherwise keep still as its none of your darn'd business," is the way the Kansas New Era crisply expresses itself.

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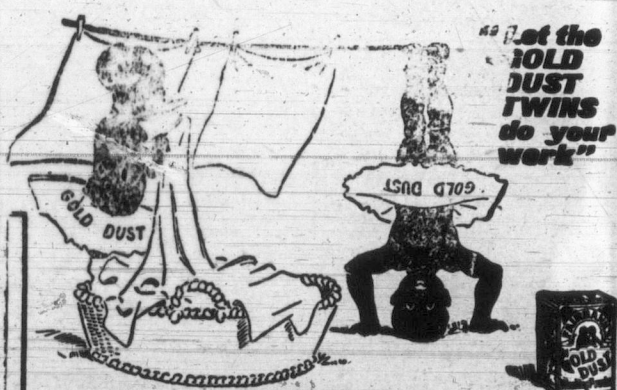
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