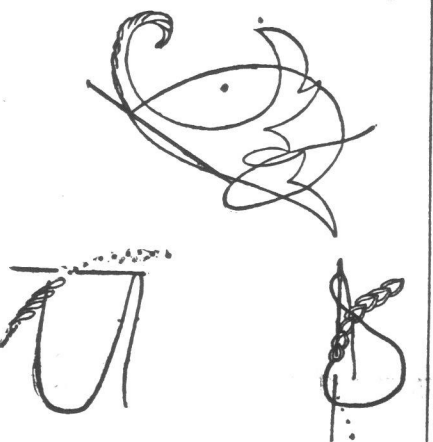


EMBROIDERY TALK.

THE MOST IMPORTANT ETCHING OR OUTLINE STITCHES.

The Fundamental or Kensington Stitch, Which Appears on So Many Embroidered Pieces—The Useful Stem, Chain, Rope, Feather and Blanket Stitches Described.

The most important outline stitch and the one most generally in vogue at present is known as the "Kensington outline." This is a fundamental stitch and is to be found somewhere in some form in nearly every piece of embroidery. It is nearly a reverse back stitch and consists of a long stitch forward on the face of the material and a short stitch back on the under side. The work should be held as straight as possible in the left hand, not over the forefinger, as this makes the stitches full and looping. The line is carried from left to right



STEM—KENSINGTON—CHAIN.

and the needle put in from right to left, while the thread should flow back, allowing the stitch to be taken in front of it. This work is most satisfactory on pieces intended for constant service—table covers, scarfs and linens, which are often to be washed. The "stem stitch" differs from the regular outline in that while it is essentially the same long stitch on the face and short one on the back it is taken a little differently. The thread is kept from in front of the needle, and its point is brought out just below where the last stitch left the material. This makes a little ridge line, which has a very pretty twist. This is done in a frame, as is also the outlining done with a thread which you constantly twist as you work.

The chain stitch has a very conventional and machine-like effect, but such an effect is sometimes desired. The needle should be brought up from the wrong side of the material, the thread thrown round from left to right and held down with the thumb. The needle is worked as far from the first point as length of stitch required. Draw this stitch through, letting the thread held



BLANKET—ROPE—FEATHER.

down from a loop under the point of the needle. The next stitch is taken in the same way on the outline, commencing from within the end of the last loop.

The "rope stitch" is commenced like the simple chain, but for the successive stitches the needle is sent down on the outline behind the last loop stitch and brought up so as to make the loop as before. This stitch makes a very pretty corded line when worked on worsteds or rope silk.

The "feather stitch" is a pretty little finish and may be given among the chains, as the needle and thread are held in the same way. Any number of stitches may be taken on a side or only one alternately.

The "blanket stitch" is a wide apart buttonhole. As it is usually done on soft materials with worsteds, it is better to reverse the needle, as the point is likely to split the thread.—Art Amateur.

Brading on Coats and Costumes.

The assurance is given that brading is to be a feature on both costumes and coats this spring. The military coat, with high collar and braided front, will be a favorite. This coat will alone remain single breasted with large, fancy buttons, being the vogue for all other coats. The coat skirts are to be very short, only six or eight inches deep, plain in front, flaring on the hips and so full at the back as to be almost accordion plaited, showing the gay silk lining. No pockets will be visible. The collar may be a matter of choice, both the rolling collar and the open, notched design being shown in the new models.

Useless Scarfs Condemned.

The Decorator and Furnisher says: There is no sense in buying a handsome table and then hiding it under a cloth. Let a pretty piece of wood be seen and studied. If an ornament is placed on it, use a small mat to protect the table. There are too many useless silk and lace scarfs about. If a table is ugly, if it has a stone or marble top and a good base, by all means use a cloth, and the handsomer the texture the better, but don't insult the artist and cabinet maker by putting a sack with a ball fringe across the polished wood.

Very Good Gingerbread.

Very good gingerbread: Mix a cup of New Orleans molasses, 1 of sour cream, 2 of flour, half a cup of sugar, 2 eggs, half a teaspoon of soda and 1 of cream of tartar, 2 tablespoons of more of ginger. If you have no sour cream, use half a cup of lard or beef drippings and butter mixed and half a cupful of sweet milk and baking powder instead of soda.

GOOD HEALTH.

Surprising Length of Life Amid the Worst Sanitary Conditions.

And yet we seem some distance removed from a complete solution of the phenomena of disease and death. It would seem natural that sickness and death should be most prevalent in the tenement house quarters of the great cities, like New York, where the conditions are, from the sanitary point, most unfavorable, and where there is neither pure air, pure water, decent food, cleanliness, nor, it might almost be said, morality; yet, according to an exchange, the recent investigations into the tenement houses of New York show some surprising things. One of these is the fact that among the Russian and Polish Jews of the Tenth ward of that city, where the crowding is most dense, and where the sanitary conditions are apparently among the worst known in this country, the death rate is decidedly below the average for the rest of the city, being annually but about 17 for each 1,000 persons. That would make the average duration of life among these people almost 59 years, and this among a people not robust of frame, most of whom are engaged in sedentary occupations, and about whose lives there are at best few of the safeguards which those in more favored circumstances have come to regard as indispensable. An editorial writer, commenting upon this fact, suggests that the explanation of an apparent incongruity may be found in the fact that these people adhere to the Moslem dispensations and doctrines regarding the purity of their food—that which goes into the mouth—and this theory is certainly worthy of consideration.

Going to Bed Hungry.

Some time or other, away back in the course of time, the idea got into the heads of the human family that it was injurious to eat just before going to bed. This peculiar and unnatural whim has caused many a sleepless night and many a weary day. Just how it ever obtained its general standing among intelligent people might be an interesting study for some one who likes to delve after mysteries. As a matter of fact, going to bed hungry is about the most foolish thing that a sensible person can be guilty of. To be sure, one should not eat heartily of indigestible food, but under no circumstances is the craving for something to eat to be denied. Delicate persons, especially those who have little appetite, and who never eat heartily, are frequently kept awake and pass sleepless nights on account of the demands of the stomach for something to work on. The digestive processes continue during sleep and indeed are carried on in the best possible manner at this time, there being no other forces at work to draw the vitality from what is for the moment its most important business. It would be well if every family made some provision for ready food and could keep ever ready milk, hot or cold, or a cup of broth or hot soup, says the New York Ledger.

Simple Precautions.

The value of cold water douches to the entire frame of workers is seldom sufficiently estimated. Sea water in the bath and rapid friction with a loofah will render the weary constitution capable of enduring fatigue and greatly improve the circulation. In cases where nervous centers are unhinged from much railway travel massage is extremely useful. A great deal of the friction and jarring of locomotion by steam might be saved if the simple precaution of not leaning back or allowing the heels to rest on the ground were adopted. The spinal troubles caused by over-journeying would thus be saved.

ETIQUETTE.

When to Leave Your Card in the Hall.

The stationer keeps up with the latest thing in Bristol board, engraving script and dimensions. Go to a first class shop and be sure to have the prefix Mr., Mrs. or Miss placed before your name. The ramifications of card etiquette are monstrously long and many, considering how short life is. But there are a few rules which will go a long way toward making you seem to know more perhaps than you really do, and this is justifiable if it doesn't puff you up with undue pride.

The custom of leaving your card in the hall after a reception still obtains in good society over here. It helps the hostess to remember whether you were a factor in the crush or not and costs you a pretty penny for cards in the course of the season, for it is necessary to usage to leave a card for each lady whose name appeared on the invitation. If Miss Jones gives an "at home" for Miss Jones or Miss or Mrs. Anybody, you must leave two cards, and each of your daughters who is invited goes and leaves two cards or stays away and sends them by you, and then your husband and each of your sons who is in society leaves two cards or sends them by you. If none of you can go, you all send cards on the day of the reception.

If it were an R. S. V. P. affair, then you replied at once on note paper and in the same style of wording in which the invitation was engraved. If you declined, that's all you have to do except make a party call afterward. If you accepted, then leave cards at the time and call afterward.

Regret or accept to the people who issue the invitation always. If you know Millie Jones, and her father and mother invite you to her wedding, reply to them, not to Millie, though you may write as many reams as you please to her personally. But when you send your wedding present send that with your visiting card and one of your husband's to Millie.

The innocence of the intention abates nothing of the mischief of the example. It is not enough that you are too civil. You must show that you are, remarks the New York Commercial Advertiser in including the foregoing practical suggestions.

THE NEW COIFFURES.

MODERN HAIRDRESSING BORROWS SOME OLD TIME STYLES.

The Pompadour Roll to Succeed Parted Hair—Elongated Coils and Curly Chignons Dressed Low in the Neck Promise to Become Popular.

Hairstressing may well be classed among the fine arts, as upon it depends the style of beauty developed. If one may believe all one hears, the newest mode of hairdressing combines all that is piquant in the French, graceful in the Grecian and quaint in the Victorian in a becoming modern blend! But, alas! at this early dawn of fashion's day one may not believe all one hears. The high priest of the mode is apt to play with his votaries as a cat with a mouse. He will start several false scents solely for the purpose of misleading those foolish women who are always in haste to be on with the new. Very few fashions that find their way to the shop windows before April are likely to survive the season.

While it is quite futile to positively assert that women will, before the dog days, abandon the Psyche knot, which has been with us so long, will have to go. It is also told that new styles will no hesitate dressing the hair low. The new elongated coil terminating in rolling curls and the catogan certainly indicate a tendency to droop in the present mode, and this is further confirmed by the new undulating bandeaux, which are carefully drawn back, partly covering the ear, in somewhat the Madonna style, modified by the soft fringe of curls so universally becoming. These bandeaux are held in place by side combs, defining the contour of the head, otherwise liable to be lost amid the luxuriant mass of wavy curls that form this modern coiffure. The French twist, resembling a true lover's knot, terminates like the others in a curl, the two bows falling on either side, thus giving the width that is desirable.

With the introduction of elaborate coiffures come the false hair accessories in way of adjustable chignons, coils, curls and fronts. The various fronts of naturally curly hair on very light hair lace fronts render the wearer regardless of damp weather. For ladies, however, whose abundance of hair makes any addition unnecessary there are the new hair wavers to be used in connection with wonderful preparations kept on hand by fashionable hairdressers and warranted to make the hair retain as well as easily take the curl.

The present day coiffure, with its blending of many styles, ought to afford the new woman as well as the lady a model to her advantage. The several styles are equally becoming when appropriately placed, and here is the point where the skill and taste of the hairdresser come in. To women who arrange their own hair it is suggested that before a new fashion is accepted as final its effect on the profile be studied. The hair at the back of the neck ought also to receive attention. An otherwise pleasing contour is often marred by the tendency toward undulating bandeaux, partly covering the ears, and coils of curls and curls falling low on the neck and secured by ornamental combs and hairpins.

ALICE VARNUM.

New England Baked Beans.

Measure out a quart of white pea beans. Put them to soak overnight in three quarts of cold water. The orthodox dish to bake them in is an unglazed pipkin of earthenware, with a handle and cover. In the morning drain them and rinse them thoroughly in clear cold water. Then put them back in the pipkin in which they have been soaking, add a tablespoonful of salt, an even tablespoonful of molasses and a teaspoonful of mustard. Stir all thoroughly around in the pot. Put a heaping spoonful of butter down in the center of the beans. Cover them with cold water, so that it rises two inches above them. Put them in a hot oven at 8 o'clock in the morning and let them cook steadily 5 in the afternoon, renewing the water as often as it boils off them. Let them brown down in the pot the last hour, and they will be done at 6 o'clock.



NEW FRENCH COIL—LATEST PARISIAN STYLE.

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FASHIONABLE HAIRDRESSING.

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KNITTING STOCKINGS.

An Economical Plan Which Is Practiced

Abroad some of the thrifty housewives, who knit their stockings with five needles, manage the heel so as to be easily unraveled when worn out to knit others instead. The same method may be followed by workers who only use four needles, provided they do not object to the Housewife explains just how to do it:

Taking 84 stitches for a stocking, when ready for the heel divide them equally into two parts, 42 on the two front needles, which will be left as usual while doing the heel, and 42 on the back needle, half of which slip on a second one, then cast on 58 stitches on two new needles, 29 on each. Join in a circle of 100 stitches held on four needles. The 16 extra stitches will be decreased at the sides from the two new needles of the 29 stitches to form gussets, always narrowing two stitches after the beginning of one needle and two before the two last ones of the second needle.

Thus 4 stitches will be lost in one round—1st, 8th, 5th and 7th rounds: Plain—Second round—Knit 2, purl 2 together, knit 6, purl 2 together, knit 8, purl 2 together, knit 8, purl 2 together, knit 2. Knit the two other needles plain; 96 stitches left. Fourth round—Knit 2, purl 2 together, knit 4, purl 2 together, knit 8, purl 2 together, knit 4, purl 2 together, knit 2. The two other needles plain; 92 stitches left. Repeat the decreasing in the 6th and 8th rounds, when 84 stitches will remain—viz, 21 on each of the four needles. Start the long side bars by reducing 20 stitches, or one on each needle for five rounds. Ninth round—Knit 17, purl 2 together, knit 4, purl 2 together, knit 17. Repeat on the 2 other needles; leaves 80 stitches. Tenth and eleventh rounds—Knit 8, purl 2 together, knit 4, purl 2 together, knit 8 to the end of the round. Twelfth round—Knit 16, purl 2 together, knit 4, purl 2 together, knit 16 and so on. Repeat for the 15th, 18th and 21st rounds, knitting 2 rounds plain between each reduced one. When 16 stitches are left on every needle, begin to take in 40 stitches, 2 on each needle, for the thing. With the hair brushed back in this fashion the Psyche knot, which has been with us so long, will have to go. It is also told that new styles will no hesitate dressing the hair low. The new elongated coil terminating in rolling curls and the catogan certainly indicate a tendency to droop in the present mode, and this is further confirmed by the new undulating bandeaux, which are carefully drawn back, partly covering the ear, in somewhat the Madonna style, modified by the soft fringe of curls so universally becoming. These bandeaux are held in place by side combs, defining the contour of the head, otherwise liable to be lost amid the luxuriant mass of wavy curls that form this modern coiffure. The French twist, resembling a true lover's knot, terminates like the others in a curl, the two bows falling on either side, thus giving the width that is desirable.

Twelve stitches now left on the needles. Cast off. Raise the heel stitches on two needles and once more form a round for the foot with the two front needles that had been laid aside, and knit both of them and heel, the result of stitches, 16 in all, for gussets, as done at the beginning of heel, knitting two plain rounds between each of the eight decreasing ones. Repeat, reducing thus, until about 80 stitches remain, which divide on three needles, and proceed with the foot in the ordinary manner.

Cream of Corn Soup.

The following recipe is gleaned from Table Talk: Remove the corn from one can, cover with 8 cups of water and simmer for one hour. Strain, press through a sieve. Scald 8 cups of milk, add the corn and 1 tablespoonful of butter rubbed smooth with 1 tablespoonful of flour. Mix until smooth, season with salt, pepper and a few drops of celery salt. Add one-half of a cup of cream and stir until heated. Take from the fire, add the beaten yolk of an egg and serve at once. The egg or cream may be omitted, but the soup is far more delicious with the addition of both. The corn from 12 ears equals one can.

The Hairbrush Fix.

One of the latest fads which the feminine sex is cultivating is that of keeping what is termed a "hairbrush." This interesting article is supposed to contain a lock of hair of each football player who has in any degree become famous on the gridiron field. It is claimed that the first collection was made by a Californian woman.

A Dainty Convenience.

A useful and at the same time dainty convenience is the glove mender recommended and described by Modern Priscilla. Take two pieces of satin ribbon 8 inches long, leaving 1½ inches at the



A GLOVE MENDER.

top as a bag for glove buttons, and feather stitch the two together crosswise at intervals of half an inch. This forms a space just large enough to hold the different colored cottons which come for mending gloves. Follow this insert two pieces of fine pinked out flannel to hold needles and finish by fringing the ends of the ribbon. Inoculate the whole in a bag made of satin ribbon an inch wider.

BASEBALL.

A HIGH SCHOOL VICTORY.

The High School nine defeated the Spring Ridge Nationals in a friendly game yesterday, the score standing 20 to 16. Fraser for the High School and Hollister for the Nationals pitched a good game.

THE VICTORIANS AT WORK.

The newly organized baseball club held their first practice at Beacon Hill yesterday afternoon, and intend to keep up active training all they meet the Seattle team two weeks from yesterday. A good many new

A Badly Disfigured Man

HORRID SCARS ON FACE AND NECK!

BLOOD POISONING THE CAUSE

WAS IN A VERY CRITICAL CONDITION.

Paine's Celery Compound Saves the Life of M. D. Arthur.



No end to the wonderful and almost marvellous cures effected every week by Paine's Celery Compound, the medicine that saves life in time of greatest peril and danger.

M. D. Arthur, a well-known young man of Chelmsford, Ont., says:

"With great pleasure I write about your wonderful medicine, Paine's Celery Compound. I was laid up with scars all over my face and neck, the result of blood poisoning. While in that condition, I could not sleep at night, I had no appetite, and could not attend to my work. I tested the skill of all the doctors in the district, and used their medicines, but was not benefited.

"I think I was miraculously saved at last. My aunt came here from Campbellford, and brought with her some

Paine's Celery Compound which she was then using to advantage. She advised me to use the medicine, and I did so to please her. I bless the day I commenced with Paine's Celery Compound. In two weeks I was so much better that I could go out, and in three weeks I was able to resume work again.

I cannot say sufficient in praise of the great healing medicine. I would not be without it if I were obliged to pay ten dollars a bottle for it."

Now is the time to cleanse the system, to purify the blood, to brace up and strengthen the nerves, to make the digestive organs work harmoniously, so that perfect health may be enjoyed when summer comes. Paine's Celery Compound does the good work for every man and woman.

SPORTS AND PASTIMES.

The regular meeting of the Victoria Wheelmen's club will be held on Tuesday evening next in the rooms adjoining the Hotel Victoria. It is expected that every member of the club will be present, as several matters of importance will be brought up for consideration. A committee will be appointed to confer with Mr. Henry Harris to arrange the details in connection with the ten-mile handicap race on Beacon Hill, for which Mr. Harris is donating a \$100 cup. The matter of club action in regard to decorating and holding a club parade on May 24, will be also discussed, as well as the project of holding a relay team race. Good teams of Columbia, Remond, Cressent, Remington and Lehigh Waverley riders could be formed, and would make a very exciting race. All members who have not entered in their C. W. A. dues to the secretary are urged to do so on Tuesday evening, in order that the club may have a good list to forward at the earliest possible date.

CHERRY.

THE SCORE TO DATE.

The following is the score in the tournament up to yesterday evening. All games not played by May 10 owing to absence will be scored against competitors.

Class.	Name.	Won.	Lost.
1-T.	Piper	23	7
1-T.	R. Runner	20	7
1-T.	W. Williams	20	7
2-T.	Dr. Hanks	20	7
2-T.	Schwenger	17	10
2-T.	F. C. Bertrige	16	11
2-T.	A. Johnson	15	12
2-T.	R. J. Perry	14	13
2-T.	W. Williams	13	14
2-T.	Schwenger	12	15
2-T.	W. Williams	11	16
2-T.	R. J. Perry	10	17
2-T.	W. Williams	9	18
2-T.	Schwenger	8	19
2-T.	W. Williams	7	20
2-T.	R. J. Perry	6	21
2-T.	W. Williams	5	22
2-T.	Schwenger	4	23
2-T.	W. Williams	3	24
2-T.	R. J. Perry	2	25
2-T.	W. Williams	1	26

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members have joined the club, and some very promising players have announced their intention of playing this season.

TUG OF WAR.

ENTRIES ARE NUMEROUS.

The Caledonia Club syndicate have decided to make the first prize in the International tug-of-war tournament to be held at their grounds on the 24th and 25th May next, \$100, and the second prize \$25. Several of the teams who have signified their intention of entering are from Sound cities and it is more than probable that Portland will also be represented.

THE TUG.

LONDON, April 20.—The race for the Omamton plate at the Derby spring meeting was won by Despondent, Throatless second, Talkin Tarn third. Croker's entries did not start.

ST. LOUIS, Mo., April 20.—Simmons won the match race with Dr. Rios to ride in 1:14.

WHAT FINE CAN YOU DRINK THEM

JOHN JAMESON & SONS'

(DUBLIN)

"OWN CARED" Very Old

BLACK BOTTLE

WHISKY.

Please see you get it with

Metal Capsules

One Star.

Two Stars.

Three Stars.

Sole Export Bottling Agents to J. J. & S.—

mr15

C. DAY & CO., LONDON.

50 C. BARGAINS IN

Bulbs and Plants

The Maximum of Worth at Minimum of Cost

No. 1—18 Gladioli, finest assorted, for 50c

No. 2—18 Dahlias, select varieties, for 50c

No. 3—18 Montreux, handsome, for 50c

No. 4—18 Roses, everblooming beauties, for 50c

No. 5—18 Sweet Scilla Geraniums, for 50c

No. 6—18 Primrose & Hellebore, for 50c

No. 7—18 Colours, finest assorted, for 50c

No. 8—18 Lilies, for 50c

No. 9—18 Tulips, for 50c

No. 10—18 Narcissus, for 50c

No. 11—18 Anemones, for 50c

No. 12—18 Pinks, for 50c

No. 13—18 Carnations, for 50c

No. 14—18 Hyacinths, for 50c

No. 15—18 Iris, for 50c

No. 16—18 Peonies, for 50c

No. 17—18 Forsythias, for 50c

No. 18—18 Lilacs, for 50c

No. 19—18 Spirea, for 50c