

The Home Circle.

THE OLD CHURCHYARD.
Nay, dreams disturb their sleep
In the old kirkyard.

SOMETHING IN SLEEVES.

One of the most charming modes is the one that is most frequently seen. It consists of a sleeve that is light from the shoulder to the lower arm, where it is cut off and finished upon a little cuff. Below this comes the decorative part of the sleeve. This consists of a big puff of silk or velvet, which is again brought into a cuff at the wrist. The lace puff is also used sometimes instead of the heavier one of silk and velvet.

THE BEDROOM.

Women nowadays not only must have the chintz furniture coverings, the window draperies and the painted furniture of their bedrooms match in floral design the flowered paper on the walls, but they make the comfortable and wool quilts match as well. When late in the fall a woman is seen on route to the shop with a bit of wall paper in her hand, it is pretty certain that she is going after a grey comfortable, or perhaps half a dozen of them.

All the flowers are to be found in the designs. Some of them also have the Japanese up-and-down effect that is so attractive. It is these floral designs which are brought to match pretty china wall paper, or the quilts in only one color are purchased—blue for a blue room, pink for a pink room, etc. The popular line of wool quilts

with the flowered silk covers cost \$15, and the prices range upward to \$25, or even more, for some of the finer ones.

The finest covers are, as a rule, to be found on the down quilts. A blue satin one, for instance, has the whole center covered with a handsome square of white lace and a border of the lace around the edge. A quilt like this costs \$10.

A new lot of blankets just opened for the fall, are the French camping blankets. These come in dark colors, in browns and mixed blues, are sold singly for \$10, and are too warm for anything but the hunting camp. The Austrian blankets, which sell for \$10 and \$2, come with all-over designs in figures in pretty delicate colors, and make delightful bath wrappers for women.

TO BECOME PLUMP.

There is for emaciation as successful and simple a treatment as for obesity. You need not be thin any more than you need be fat. If one's system is run down from hard work and worry of course there are two things that must at once be done before the treatment is begun. First, take a tonic, and build your system up as well as you can. Second, join the "Don't Worry Club" at once. Then you may begin the treatment for emaciation.

Of course you must diet, and avoid all acids as much as possible. This includes like lemon, vinegar, etc. Drink plenty of milk, eat cereals, good steak, roasts and all nourishing foods; fruits are excellent, do not drink tea or coffee, but cocoa is not harmful. Sleep in a well ventilated room, and when arising in the morning, take exercise with dumbbells and Indian clubs, before taking a bath, then use friction with rough towels until you are in a perfect glow. Then you are ready to sit down and partake of a good breakfast.

After this if you work, walk to your place of business. If the distance is too great, walk part of the way anyway, and do so night and morning. When luncheon time comes don't sit in the office all noon but take a walk over if it is only around the block and back, walk briskly with head erect, shoulders thrown back, and chest out.

When you return home at night have a good dinner and retire early. One who is weak from overwork is in need of rest, and should sleep as long as possible. If you have a wheel spend what time you can on it, but remember in riding to sit erect, and breathe through the nostrils. One hour of riding and breathing through the mouth is worse than none at all. The nose, with its lining acts as a filter of the air.

If possible take exercise in a gymnasium, but if a gymnasium is not available, there are good exercises to practice at home. Stand by a chair, resting one hand on the back of it, then with the heels together and the toes turned out, bend the knees and sink toward the floor, bring the arm that is free forward with every sinking and rising. Ten of these movements will tire you a good deal at first.

Place the hands on the hips and bend back as far as you can without hurting yourself. Bend forward, keeping the knees straight, touch the fingers to the floor in front. Raise the arms above the head, palms back to back, lower them to the side and try to touch them in the back, hold them straight to the sides and describe small circles with them. Bend the elbow, touch the finger tips to the shoulders, and then straighten the arms. Breathe in when you bring the arms up to the shoulders, and exhale when straightening.

If these exercises are practiced, and the diet regularly maintained, you will find an increase in your weight before a month. Exercise is peculiar. While it diminishes the weight if one is too stout, it increases it if too thin. No one can hope to add flesh, unless the circulation is good, and to make it all that it should be, it is absolutely necessary to exert the muscles and get a good free breath of air.

Few people are aware that it is necessary to breathe well to have good health, and few have any idea how badly they are breathing. A full deep respiration is like a tonic to any one.

GOWN FOR HOSTESS.

The hostess at a dinner party—who roasts her guests—she is not to outshine her guests—she is wearing the draps down or a revival robe. You see her in a Josephine, belted under the

back with a broad metal shawl. You behold her in a Chopra robe, with a skirt that slips like a helmet; you see her in the Princess, that materialized version of the Greek robe, and you see her in the Marie Antoinette which is only a ruffled skirt, one very pointed, the other very long. For the dinner dress there are the Fort Stanbills, all strangely figured, with trapezoids in bright gold. These are inexpensive and ever so effective. Then there are the crepe de chine, which come in the cheaper grades and make beautiful gowns. The dinner hostess must take care not to outdress her guests, and for that reason, she cannot wear the fine laces, and elegant weaves in which her guests may revel. Crepe de chine comes in all the new colors, one of the prettiest being a gun metal gray which combines so well with white. With the simpler laces, gun metal gray, crepe de chine makes a garb almost queerish and decidedly becoming to nearly all styles of beauty. Gray and white soften the too hard lines of the brunette and make the blonde absolutely silver. At times in Gotham there is an absolute craze for gray, and you will see the woman out of town dressed in its soft folds. For dinner it is restful and, placed as it is sure to be, next to some flaring color, it serves to concentrate the delicacy of the woman who wears it. A dinner gown par excellence, for those who can wear it, is the tomato red crepe, which came in with this season and did so fashionably. It is not of the dullness of the old tomato skin shade, but the brightness of the inside, just where the tomatoe drips its bright blood forth. Under the gaslight it is flaming, yet with a richness that is not found in the flame red that was worn two or three years ago. If you want to apply a flower spray upon a net gown, you must first buy the silk flowers. These come in the natural colors, very delicately executed in silk; they are fine and soft and very thin, and can be pinned to the face close or not. You will be successful with them if you attempt to use them. Under the net gown there was a lining and to the lining hangs the story of the principal story of the expense of the gown. Taffeta, which was considered all sufficient last season, is not used at all for such purposes. Instead it is relegated to the inner depths of the dress, the part in which seams and boning play a part. But the material that shows under the X-ray design, under the tulle and the net, and the mousseline, must be a brocade. All sorts of lovely fabrics come for this purpose. There is what the French call crystal velvet, which is admirable, being a very shiny satin with almost a velvety finish, and there are the brocaded silks with their raised satin figures and the satins with their velvety forms. The Persian satins are used for this purpose. They are figured satins of light weight, coming in all colors. They are excellent for wear with a net overdress, but, sometimes, unless the selection is made with excellent taste the colors in the silk lining do not harmonize with those of the outside, provided the outside has a color. You can easily see how confused a brocaded lining would be under a net overdress with colored figures applied on it.

With the Children.

WHEAT A BOY CAN DO.
A boy can make the world more pure
By kindly word and deed;

A boy can make the world more pure,
By lips kept ever clean;
Silence can influence shod as sure
As speech-of more than mean.

A boy can make the world more true,
By an exalted aim;
Let one a given end pursue,
Others will seek the same.

Full simple things, indeed, these three
Thus stated in my rhyme;
Yet what, dear lad, could greater be
What grander, more sublime?
Boquod.

THE KIND OF BOYS NEEDED.

"What kind of a boy does a business man want?" repeated a practical man of many concerns, the other day. "Well, I will tell you. In the first place he wants a boy who doesn't know too much; business men generally like to run their own business, and prefer one who will listen to their way rather than try to teach them new kinds; secondly, they want a prompt boy—one who understands seven o'clock as exactly seven, not ten minutes past; third, an industrious boy who is not afraid to put in a little extra work in case of need; fourth, an honest boy—honest in his service as well as in dollars and cents; fifth, a good-natured boy, who will keep his temper even if his employer loses his own now and then." "But you haven't said a word about his being smart!" was suggested. "Well, to tell the truth," was the rather hesitating answer, "this is about the last thing we worry over. The fact is if a boy is honest, prompt, pleasant, industrious and modest, he's quite as smart as we care about—and that's a fact."

NIG AND THE CLOCK.

Nig is a fine, large black cat owned by Auntie, who often says he is more like a monkey than a cat, he is so very mischievous. One day my uncle was repairing a clock. After he was through he started the clock striking the hours until he got the correct time. The cat sat on the table watching him. Lifting his paw, he raised the little hammer and made the clock strike one. We all thought it was very odd of him. Christmas he climbed the Christmas tree and knocked off a lot of the balls. He would tap them with his paw till they would fall. Auntie could not think what it was till she went close to the tree and saw his little black head and eyes. He is very fond of oysters, and whenever they have them Nig has to be shut up in the cellar, as he does not give them any peace, but goes from one to the other and taps them with his paw as though he would say: "Why don't you give me some?" He licks everything he gets hold of. He hides coals up the rainspout and spoils of cotton and all such things under the eaves. He is not afraid of anything but the leaman, and he soapers off as fast as he can go when he hears him coming.—Sp. Ital. Boquet.

FRIENDSHIP.

A lady tells the true story of two four-footed vagabonds: "One day at the railway station I met a wretched little white cur, and I told him I would give him something to eat. We went together in a dining-room, and after he had eaten a good meal off the went in a great hurry. He is not very grateful, I said to my husband. But much to my surprise in a few minutes, there was a little scratch at the door, and when it opened, in walked my small friend, accompanied by a more lean and miserable specimen than himself. He seemed to say, 'Please feed my poor friend, he is in as much need as I am.' Needless to say they both had a meal which doubtless they remember to this day; after which they trotted away together, wagging their tails, as happy and contented as dogs could be."

HORSE TAKES PRISONER.

During one of the outcast skirmishes between the Englishes and the

boomed. This year the fashionable attire brought it out, removed the aggravates and trimmed the entire top with these double folds of tomato red velvet, high at one side and low at the other. This, with the black moline, is very effective, and in the transformation of the hat you get an idea of how the fashion has changed from last year to this. Yet there are some tall hats. Some of the walking shapes modeled upon the lines of English walking hats, are very tall indeed. They are trimmed with masses of velvet at each side, caught with a handsome buckle in front. But hat trimmings are for the most part eccentric.

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Boore, one of the latter had his horse shot under him, says a correspondent of the Washington Post. Seeing a British cavalry horse without a rider, he captured it and was riding away when a bugler caught sight of him and putting his bugle to his lips blew a shrill blast. The horse wheeled sharply around and, despite the strenuous efforts of his rider, galloped yardly back to the British lines, where the Boer was taken prisoner.

A MEMORY OF A FISH.

M. Somon in his recent voyages has observed an interesting fact which shows the large development of the memory and faculty of observation of a certain fish called the echeleus romora. It is known that this fish is provided with a kind of sucker on top of its head, which is used, in order to attach itself to hulls of vessels, the shells of tortoises, and even to fish larger than itself, such as the shark, says the Scientific American. One day, during a voyage near Australia, M. Somon, having cooked some crabs of a very savory odor, the remains of the crab were thrown overboard. Each fragment as it fell was seized by a fish nine or ten inches long. M. Somon recognized the echeleus, and wished to procure a specimen.

The first fragment of crab which he threw into the water was baited to a hook and line, and a specimen was caught at once. The line was again thrown, under the same condition, but not a single echeleus would touch it, nor even fragments not so attached. During the whole day the fish declined to eat anything that was thrown to them. Evidently they had seen one of their comrades disappear and became distrustful on this account; thus they remained attached to the bottom of the vessel without allowing themselves to be tempted. This same observation was repeated on different occasions. M. Somon could easily take one specimen of echeleus, but never two of the same kind in one day.

These fish have evidently a power of observation and a memory not possessed by most of their kind, as everyone knows that at the same spot one may catch any quantity of fish of the same kind, who nevertheless see their companions disappear in a mysterious manner.

HOW SUGAR IS MADE WHITE.

The way in which sugar is made perfectly white, it is said, was found out in a curious way. A hen that had gone through a clay mud puddle went with her muddy feet into a sugar house. It was observed by some one that where ever the tracks were the sugar was whitened. This led to some experiments. The result was the wet clay came to be used in refining sugar. It is used in this way: The sugar is put into earthen jars shaped as you see the sugar leaves are. The large ends are upward. The smaller ends have a hole in them. The jar is filled with sugar, the clay put over the top and kept wet. The moisture goes down through the sugar and drops from the hole in the small end of the jar. This makes the sugar perfectly white.

BE GREATER THAN YOUR POSITION.

A distinguished theological professor once said: "If I had a son, I should tell him many times a day, to make himself as big a man on the inside as possible."

Young men too often want to be big men on the outside; to occupy positions which fit them as a turtle's shell fits a clam. Never mind your position, young man. Whatever it may be, try to fill it. The duties which you have to perform may seem trivial; but because it is a small position is no reason why you should be a small man. You may be big inside, you know, if you are small outside.

The young man who applies himself to internal growth, as it were, is bound in time to find a place where he will be able to use every power he possesses.

At any rate, better be a big man in a small place than the opposite. A pinch of powder in a small cartridge can make a deaf of noise, or a bullet a long way, if you do in a Krupp gun?—Success.

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