

private training. One of the best exercises for this purpose is forced respiration, which consists in breathing as freely as possible, making strong efforts to fill the lungs, and emptying them as completely as possible. This exercise should be taken slowly from five to thirty minutes at a time, and should be repeated several times a day.—*Good Health.*

The human body is seven-eighths water. The blood is mostly water. All the tissues owe their softness to it, and even the bones have a share of this fluid. No organ of the body could perform its duty, nor could life be sustained without it. Alcohol burns up the water, and diseases and destroys the body.

People with tender skins often suffer, especially during the warm months of summer, with irritating rashes on the skin, akin to the prickly heat of tropical countries, the shoulders and arms are very commonly the seat of the annoyance. The starch-bath will be very soothing in such cases; to a couple of pailfuls of tepid water add about two ounces of powdered starch, previously well mixed with boiling water. The skin should be dried with a soft towel, and during the time the irritation continues care should be taken to avoid all excess in eating or drinking, to wear the lightest of clothing consistent with warmth and comfort, to avoid exercise in the heat of the day, or anything likely to bring on perspiration.

DO NOT DUST.—Who would believe it? The duster—that peaceful emblem of domestic toil—may under certain circumstances, become more dangerous to handle than a six-shooter.

We're in dead earnest. An eminent scientist declares it to be a fact.

Do you know just what you are doing when you brush away dust? You disseminate in the air, and consequently introduce into your own interior, into the tissues and respiratory organs, all sorts of eggs, spores, epidemic germs and murderous vibiones which dust contains.

One movement with a feather duster may be enough to poison both you and your neighbors—to inoculate you all with typhus varioloid or cholera—strange as it may appear.

Instead of a feather duster take a cloth and wipe away the dust instead of stirring it up. In short wipe—never dust!

The Skin and Sensibility.

We all know how fine, delicate and sensitive is the skin of women in general, and particularly of those who live in idleness and do no manual work; how their sensitive, nervous plexuses are in a manner exposed naked to exciting agencies of all sorts, and how from this very fact, this tactile sensibility, incessantly awake, and incessantly in vibration, keeps continually their minds informed of a thousand sensations that escape us men, and of tactile subtleties of which we have no notion. Thus in idle women of society, and men with a fine skin, mental aptitudes are developed and maintained in direct ratio of the perfectionment and delicacy of the sensibility of the skin. The perfection of touch becomes in a manner a second sight, which enables the mind to feel and see fine details which escape the generality of men and constitutes a quality of the first order, moral tact, that touch of the soul (toucher d'ame), as it has been called, which is the characteristic of organization with a delicate and impressionable skin, whose sensorium, like a tense cord, is always ready to vibrate at the contact of the slightest impression.

Inversely, compare the thick skin of the man of toil, accustomed to handle coarse tools and lift heavy burdens, and in whom the sensitive plexuses are removed from the bodies they touch by a thick layer of epithelial callosities, and see if, after an examination of his intellectual and moral sensibility, you are understood when you endeavor to evoke in him some sparks of those delicacies of sentiment that so clearly characterize the mental condition of individuals with a fine skin. On this point experience has long ago pronounced judgment, and we all know that we must speak to every one in the language he can comprehend, and that to endeavor to awaken in the mind of a man of coarse skin the delicacies of a refined sentiment is to speak to a deaf man of the deliciousness of harmony, and to a blind man of the beauties of colors.—*Lays' "The Brain and its Functions."*

THE PARLOR AND KITCHEN.

LATEST FASHIONS.

Lace-fingered gloves are now.

Dolly-Varden styles are revived.

Velvet will be popular this season.

Velvet ribbon trims straw bonnets.

New bracelets represents gold beads.

Florentine lace trims underclothing.

Brocaded nuns' veiling is fashionable.

Muslin embroidery is used on bonnets.

Velvet crowns are on Continental hats.

Checked silks watered are very stylish.

Large ribbon bows are worn at the throat.

French dresses have tucks sewed by hand.

Gold-washed buttons are used on new dresses.

Wide stitching is on the back of ladies's kid gloves.

Trained dresses are not seen at fashionable openings.

Dark colors are preferable to white for children's dresses.

Shirred bands, held by narrow ribbons, trim the neck of dresses.

Intense colors and æsthetic styles are avoided by fashionable women.

The combinations of black and white, worn twenty years ago, are revived.

Turbans are small and soft-crowned, and are worn far back on the head.

Black straw broad-brimmed hats, trimmed with full black ostrich tops and garlands of gray flowers, long black Jersey gloves, and black silk hose, will be worn with summer toilets of white or pink.

Beetles are worn quite a little below the waist line in the back and do not reach over the hips as in the past, the bouffant effects here being produced entirely by the pannier draperies, to which are added huge sashes of moire, satin or silk, which are draped and tied above the low-set bustle, the ends falling very often to the foot of the skirt in the back.

USEFUL RECIPES.

PANCAKES.—One quart sour milk, one quart sweet milk or water, one teaspoon soda; mix stiff enough for a batter.

APPLE DUMPLINGS.—Make paste like pie crust or biscuit; slice apples, put in a tin with one cup water and bake or steam.

FRIED PUDDING.—Take fruit cake and put in a dish, then pour over it a sauce—one quart water thickened with flour, a piece of butter, sugar, vinegar and essence.

TAPIoca PUDDING.—Soak two tablespoons tapioca overnight in one-half cup water; then put one quart milk in a basin in a kettle of water; let the milk come nearly to a boil; then beat three eggs in one-half cup of white sugar and put with the tapioca; stir in the milk till as thick as cream before taking it from the water.

MINUTE PUDDING.—One and a half quarts milk stirred quite thick with flour, then stir in three eggs.

RICE CAKE.—Three eggs, one cup white sugar, one cup rice flour, beat twenty minutes; lemon essence.

POT PIE.—One quart sour milk, piece of butter size of an egg, three eggs; mix soft; cook forty minutes.

AUNT SALLIE'S COFFEE CAKE.—One cup of sugar, one cup of molasses, one cup of lard, nearly a cup of boiling water poured on two tea spoons soda, one tablespoon of ginger, one tablespoon of cinnamon, flour enough to roll thin and bake in a quick oven.

STIRRED CAKE.—Three eggs, one cup very sour milk, three-quarters of a cup butter, one cup sugar, one teaspoon soda; mix quite stiff.

LEMON CHEESE.—Grate the rind of three lemons and squeeze the juice, add to this one pound lard sugar, one half pound butter, six eggs beaten, leaving out the whites of two, stir till it boils.