Of Interest to W Of Interest to Women.

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How to Keep Cool. Just how to keep cool during the iong, hot summer days and nights, when there is not a breath of air stirring, is truly a perplexing question. Our thoughts, our surroundings, and the food we eat, all have their share

in making us cool or warm. For instance, a house with heavy draperies, carpets and upholstered furniture only suitable for the coldest winter weather, cannot fail to look really is, and it is always satisfactory. stuffy and stifling during the hot July and August days, and make the inhab-

tants of it feel uncomfortable.

A table loaded with hearty food such as huge roasts of pork, veal, or even beef, baked beans, Boston brown bread, heavy meat soups, rich pies and puddings and hot drinks is very likely to make us feel the heat terribly. On the other hand, a table daintily spread with the fruits and vegetables of the season, delicious salads, cream soups, croquettes, timballs, jellies, creams and simple pudding together with iced-lemonade and other drinks, made from the juice of berries, cherries or currants, appeals not only to the stomach, but to the eye as well. Such a meal is

refreshing and restful. for we are not magicians, neither have do so, and yet we can do much more toward making the change than many

of us think for Let us pack away the heavy draperies and rugs after brushing and airing thoroughly, and hang at the windows dainty sash curtains of dotted mull, net batiste, scrim or even cheese cloth of a sheer quality, as our purse will

If the mantel must be draped, choose some thin light material which is inexpensive, and will launder well, with loopings of ribbon.

If possible banish some of the dark stuffed furniture, but if that is out of the question, make covers of cool linens or art ticking, which will completely hide it. The couch can have a similar cover with pretty new cases

for the numerous pillows.

A new fabric for summer pillows suitable for couch or hammock is the barred or striped linen showing a white ground plaided or striped, with a color. It is 31 inches in width and can be had for 25 cents a yard. Matting makes a cool floor covering for summer. Denim is also used for this purpose, especially in the dull,

Hardwood floors are well liked. With rugs, an ordinary pine floor painted or the purpose, sifting shredded cocoanut stained a soft dull color answers nice- cver it. ly in many rooms during the summer

Verandahs well shaded with vines give a home a delightfully cool appearance, and the screen porch atfords a secluded bower for sultry afand evenings.

A hammock swung across the corner or between two shady trees is es-sential for comfort during the warm months. A settee and two adjustable veranda chairs, with plenty of pillows and cushions will furnish a porch com-

fortably and at a slight expense. Two of the most satisfactory vines, with which to screen a piazza are the madeira and balloon. The former is a bulbous plant, but the latter is easily grown from seed. The clematis in its different varieties, the moonflower, maurandia vine and Japanese honeysuckle are all desirable and attrac-tive, and any or all of them will do much toward beautifying a house and

make it look cool. Every house should be supplied with screens of some kind for doors and windows, if the flies and mosquitoes are expected to stay outside. A large veranda screened with wire netting makes an admirable out-of-door reception room. The dining-room should be kept dark and cool during the summer no matter how much sun is desired in the other rooms. A pot of ferns as a center piece of fragrant blossoms adds much to the cool appearance of the table.-New York Ob,

Healthy Instincts. Every individual has either inherited

or acquired a manner of living composed of habits, to which he or she gives very little thought. It is to these that I would direct your attention, rather than to the grosser habits which have been the theme of moralist and preacher year in and year out. Examine your habits of eating, for instance. The process of taking food at regular intervals through the day has become a habit. The araount of food that you take is regulated more by habit than by judgment. The human animal has healthy instincts to begin To prove this, think of how many things one eats that the liking for has come only through persistent education of the palate. The taste for olives, limes, pickles, beer and many other things which do not increase the bodily health is only formed after a process of education. People get in the habit of eating much more than they need. The many and rich courses of a dinner lead them to do this. Others eat whatever is before them, not because of appetite, but because it is within reach; so with drinking. The kind of food one prefers is much more largely a matter of habit than one realizes. I have known those who, through long use of an inferior kind of coffee at a boarding-house table, preferred that to any other. So in the matter of having food hot or cold. Certain wells and springs yield water impregnated with mineral waters. At first the taste is very disagreeable, but afterwards the taste for it is acquired, and only that kind of water satisfies the thirst. Clothing is also a matter of habit. The kind, the thickness, the amount of clothing, depend for com-fort largely on what one has become accustomed to. Space forbids my elaborating the subject as it might be along these lines, but you will be both interested and amused to examine your every-day habits and see what you have inherited and acquired in these directions, and the influence they have upon your life and health. Man, like the animals, has been born with healthy instincts, and those

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things which act against his well-

being in eating, drinking, sleeping, clothing and living are the modes and customs which have been acquired through a persistent training and imi-

tation .- Grace Peckham Murray, M.D., in Harper's Bazar.

Two Very Delicious Cakes. One of the greatest triumps in the way of cake-making is a selves by agriculture. hickorynut cake. It is a triumph because it appears so much richer than it The usual way of making nut cake is in the shape of a very plain cup-cake, with a scanty allowance of nuts in large pieces scattered through it; and being so plain, it gets stale and hard very soon. But hickorynut cake in perfection is done in a different manner by the following receipt:

One cup of butter is creamed with two of sugar, and four eggs addedyolks and whites beaten separately. One grated nutmeg and one pound of flour stirred in gradually-keeping out about two ounces of flour to dredge the nuts and raisins. A large coffee cup of raisins stoned and split, and the same amount of hickory-nuts chopped as fine as possible, are stirred in last. It is by no means possible for all of A cool bread-oven is the best for this us to transform our cosy winter quar- cake, and when finished with a thick ters into cool, delightful summer ones, pink icing flavored with rose-water, and further decorated with an edging we the where-with-all with which to of home-made burnt almonds of the same color, it is one of the prettiest and most delightful of cakes.

Then, if you are seeking a new and delicious variety of cake for the five clock tea table, you will find it in the following recipe for nut-layer cake: The ingredients are one cup of sugar, one cup of milk, two cups of flour, with two even teaspoonfuls of baking-powder sifted in, a piece of butter the size of an egg, two eggs, the white of one, however, being put aside for the frost-

Beat the butter and sugar to a cream, add the milk, the yolks of the two eggs and white of one, well beaten, and lastly the two cups of flour, stirring the whole mixture thoroughly together. Then take out one-third into another dish, grate in sufficient chocolate to make it look dark, and flavor with vanilla. Flavor the remaining two-thirds with lemon, put the chocolate mixture-which is to form the middle layer-into one pan to bake, and the light mixture into two others.

For the filling, whip half a pint of thick cream, chop a cupful of walnuts fine, add a sup of sugar, and stir both into the cream. Spread between the subdued greens and blues for room layers, and cover the top with an icing made of the white of egg reserved for

It nuts cannot be obtained, or sev eral cakes are to be made and variety is desired, chopped figs or raisins can be used with the cream.

Garden Party Gowns.

The principal entertaining in summer is done in the afternoon or at inhabitants, is a chief seat of the in- will write of "Spain and Her American luncheons. When the very hot weath- dustry, and almost wholly given up to er sets in luncheons are voted a bore, and then afternoon receptions or garden parties are the favorite modes of of an education that would fit him for entertaining one's friends; hence it some profession. But so wholly is the is necessary to include in any elabor- and flax weaving that in the opinion of ate outfit several gowns to be worn at such times. Nothing can be prettier nor smarter than what is known as a garden party gown, and French dressmakers simply revel in making them

There is no fixed law as to what material is most appropriate. Thin mus-lins are used of every kind, grenadines and nets, crepes and even light woollens. The muslins are most seen in midsummer, and when silks are used they are trimmed to give a light effect. Of course all these gowns are made high-necked, and are worn with

a hat or bonnet. The organdie muslins are so cheap at this particular time of the year that a great many of them are made up for garden party gowns. They are very dainty in coloring, and very effective, albeit the cheap ones are a trifle coarse. A very pretty gown of blue muslin flowered with pink has the skirt trimmed with entre-deux of lace put in to outline an apron. The waist is quite full, made with very wide revers, which are entirely formed of entre-deux of the lace and mus-There is a vest of pleated taffeta he has made us all respect and love which gives a certain stability, so well. to the waist that otherwise might be little too ethereal. The back has lace entre-deux put in very cleverly, so as to give a tapering look to the figure. With this gown is worn a blue silk sash fastened in front with a

The principal things to be considered, if one is to wear muslin gowns, is a well-fitted under-body of silk and a silk petticoat, which is not really a be long enough to touch the ground in the back, and be finished exactly like a skirt with facing, some little stiffness, and as many ruffles as possible. A deep flounce is not as good as two or three ruffles with lace in between. An old party gown can be used for this purpose, and it need not be of a plain color, although, of course, a plain white is the most useful.—Harper's

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themselves.

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terials. Hundreds of orders from these country dyers are filled every week by the manufacturers of Diamond Dyes. There are great possibilities for such work in all small parishes, and the statements just made may influence many who are seeking for a plan to increase their revenue. There are good dollars in Diamond

COLONIZATION OF PALESTINE. The new movement for the founding of a Jewish political state in Palestine has had a stronger indorsement advice to ripening genius. When, in among Jews in Europe than in the 1889, "A Window in Thrums" appeared United States. This is doubtless due to the restrictions placed upon them as a race in other countries, which have publishers. The "Idyls" and "The created a longing for any change that gave promise of an improvement in their condition. The dream of the ac-

tual and sole occupation of the Holy Land is not likely to be realized—at least, not in the near future

Turkey would never consent to the erection of anything bordering on a new nation there. Germany has already secured a strong foothold in Asia Minor, as well as considerable inter
Winter Minor, as well as considerable inter
Witten (Sentimental Tommy) (1896). Minor, as well as considerable interests in Palestine itself. Other European nations have claims on the territory which would preclude the organization of an independent government.

Nevertheless, the present movers who Nevertheless, the present movers, who

have united under the name of Zionists. propose to try the experiment. They have planned to thoroughly colonize Palestine with Jews, at the cost of the Jews themselves. It will require about \$100,000,000 to carry out the plan, and the Zionists expect ultimately to settle 5,000,000 Jews there and provide them with the means of supporting them-

A Sketch of the Popular Young Scotch Author.

His Early Surroundings and Work-First Steps Toward Fame-His Success as a Playwright.

Some books are interesting; others are lovable. Some are both interesting and lovable. To this last class beong the books of J. M. Barrie, especially the immortal three-'Auld Licht Idyls," "A Window in Thrums" and "The Little Minister." Of all English writers now before the public none have gained for their work a firmer hold upon the affections of their readers than the author of these three Scottish stories-if, indeed, the "Idyls" and "Window" can be called stories. Works of art they are, too-gems; each a masterpiece of that discovery, the knack of telling a tale dramatically by incident and suggestion and the merest bits of description and dialogue interwoven.

Some readers find a difficulty in reading Mr. Barrie's books because so much of them is dialect. This is to be regretted. Mr. Barrie is at his best in that dialect of his-at his best in portraying the characters whose hearts that dialect so vitally corresponds with. Not to know these characters as he has portrayed them, not to enter into the pathos of their lives, not to share the gifts of humor and naive wisdom with which he has endowed them, is to miss one of the greatest treats of literature. The dialect need be a hindrance to no one. It is almost self-explanatory. A little painstaking in trying to master it, if it have the effect of making one read a little more slowly, will only enhance the pleasure of the reading. The delight of enjoying the humor, the pathos and the quaint philosophy of "A Window in Thrums" | Spain, in a paper entitled "Thoughts or "The Little Minister" the first time on American Imperialism"; the other delight before him.

James Matthew Barrie was born in cipal districts in all Great Britain for by Emile Ollivier, the French states the manufacture of linen, and Kirrie- man, who warmly espouses the Amel it. Mr. Barrie, who was the son of a physician in well-to-do circumstances, was, naturally enough, put in the way town taken up with its flax spinning most of the inhabitants the only destiny possible to a young man is one connected with linen. If questioned about their famous rellow-townsman's departure from the old-time habit of the place, they will apologize for him as follows: "Young Mr. Barrie had never been very strong. He could never have gone to the mills. And so, as he couldna win his leevin' by work-in', he took to writin' books." But, despite the "learnin'" he was put at, Mr. Barrie retained a full sympathy for the working people of his birthplace. He has, indeed, infused into their characters, as he has described them in his books, gifts and qualities that he has found in his own cultured stock. Jess of his story is his mother, herself once an "Auld Licht," the Margaret Ogilvy of his tender biography (1896). Leeby is his sister. The dominie of "Glen Quharity" is his maternal grandfather, Gavin Ogilvy. Even himself become an element in the character of Rob Angus of "When a Man's Single." And, as everyone knows, Thrums is Kirriemuir, the little weaving town, whose "Auld Licht" faith and practice

Mr. Barrie's earlier education was obtained at the ancient academy of Dumfries, an elder brother being resident there as an inspector of schools. At Dumfries, too, he fleshed his journalistic sword, contributing a series of paper on Bismarck and William I., humorous letters on local topics to a paper there. And at Dumfries he formed the literary passion of his life and became an admirer of Caryle, birthplace, and occasional visitpetticoat, but a dress skirt. It must ing place not far off, at Ecclefechan, he used frequently to make pilgrim-ages to. In 1878, at the age of 18, he left the academy at Dumfries and entered the University of Edinburgh. There he pursued the regular four course, devoting himself principally, however, to the study of English literature under Professor David Masson. He also continued to indulge his journalistic penchant by writing occasional literary criticisms for Endinburgh Courant. Graduating in 1882, and being uncertain as to choice of a profession, he applied (in answer to an advertisement) for position as editorial writer on the Daily Journal of Nottingham, England. Obtaining this position, he remained in it nearly three years, after which, being encouraged by the suc-In scores of small country towns and villages in Canada enterprising men and women are adding to their yearly ers, he threw up his post in Nottingincome by the work of dyeing for ham and went to the metropolis to friends and neighbors around them earn his living as contributor to jourwho have not the time to do the work | nals and magazines. This was in 1885, when he was in his 25th year.
It is said it was Mr. W. T. Stead, at If it is not of the right kind when he was in his 25th year. that time of the Pall Mall Gazette, who first discovered Mr. Barrie's talent and encouraged him to come to London But it was Mr Frederick Greenwood of the St. James' Gazette, who first discovered his genius. Mr. Barrie having sent to Mr. Greenwood an"Auld Licht" sketch, Mr. Greenwood accepted it and intimated to the clever young author that he would continue to accept as much of that sort of thing as he chose to write, and would accept nothing else! Thus was brought in being the

"Auld Licht Idyls," which, published in March, 1888, when Mr. Barrie was only 28 years of age, speedily passed through half a dozen editions and made their author famous. A previous book, "Better Dead," (1887), had fallen from the press still-born. So val-uable, therefore, is 2mely help and

As a result all the organs and tissues take on activity.

Mr. Barrie has written several plays.
Of these one, "The Professor's Love
Story," acted by Mr. Willard, has had a wide and enduring popularity. But no play put on the boards in recent years, either in Britain or Americanot even "Trilby"—has had quite the success which the dramatized version of "The Little Minister" has won. It has attracted in crowds a class of people who rarely attend theatrical representations. With Robert Edeson as Gavin Dishart and Maude Adams as Babble the beautiful story has been favored with an idealization rarely realized in dramatic versions. When "The Little Minister" made its "hit" Mr. Barrie gave up journalistic

popular book, however, is "My Lady Nicotine" (1890), a series of humorous

papers on smoking—"that divine pipereek book," Mr. S. R. Crockett calls it. "An Edinburgh Eleven" (1890), a

series of sketches of the author's class-

mates and professors, though excel-

lent in every way, is yet but little known. "When a Man's Single" (1888).

the author's first story, though of

slighter merit, is much more popular.

work and returned to Kirriemuir-to "Thrums"-to live with his There, in July, 1894, in the drawing-room of his father's house, he married a charming English girl, Miss Mary

GOOD READING

Contents of the September Magazines -Plenty of War Literature.

The leading articles in the September Harper's are "Days in the Arctic"; notes from the journal of Frederick G. Jackson, illustrated with 33 photographs taken by the author; "The New Fiscal Policy of the United States,' by Worthington G. Ford; "Some Thoughts on the Policy of the United States," by James Bryce, author of "The American Commonwealth": Experience of the United States in Foreign Military Expeditions," by Prof. Albert Bushnell Hart; "Social Life in the British Army," part one, by R. Caton Woodville; "The Turk at Home," by Sidney Whitman, F.R.G.S.; "Mr. Giadstone," second paper, by Geo. W. Smalley; and "The Romance of a Mad King, Ludwig II., of Bavaria," by the Rev. Alex. Mackay-Smith, D.D., illustrated by a portrait engraved by E. Schladitz, and from drawings by Harry Fen and George Wharton Edwards

The question of territorial expansion will be discussed in the Century for September by two publicists of differing views - one, the Hon. Carl Schurz, formerly U. S. minister to Spain, in a paper entitled "Thoughts will be one of the delights of a life- the Hon. Whitelaw Reid, formerly U. time. Fortunate is he who has that | S. minister to France, etc., in a paper bearing the caption of "The Territory with Which We Are Threatened." A Kirriemuir, Forfarshire, Scotland, May significant article in the same number 9, 1860. Forfarshire is one of the prin- will be "America, Spain and France," man, who warmly espouses the Amermuir, a little town of 4,000 or 5,000 ican cause. Prof. Woolsey, of Yale, also Colonies."

> The true story of those 278 days of suffering by Greely's heroic little band of explorers in the Arctic region has been told by General Greely himself, for the first time, for the October Ladies' Home Journal. For years Gen. Greely has kept an unbroken silence about his fearful experience and that of his companions, as they dropped dead one by one at his side, and it was only after the greatest persuasion that famous explorer was induced to write the story.

rM. George E. Graham and Mr. W. A. M. Goode will contribute to Mc-Clure's for September accounts of the destruction of Admiral Cervera's fleet as witnessed by themselves from Commodore Schley's flagship, the Brooklyn, and Admiral Sampson's flagship, the New York. They represented the Associated Press, and were the only correspondents aboard the American ships at the time of the battle with The articles will be fully lustrated, largely from photographs of the actual scene, taken by the authors. The illustrations will comprise por-traits of all the commanders, Spanish as well as American; pictures of all the chips; views and diagrams of the batin its successive stages; and views of the wrecks of the Spanish ships ta ken soon after the battle closed.

Dr. Moritz Busch, who has been sometimes described as Bismarck's Boswell, and who enjoyed terms of special intimacy with the great chan-cellor, is the author of an important which will be published entire in the Living Age of Sept. 3. It was written with a view to publication after Bismarck's death, and it contains so much that was communicated to the author by Bismarck himself that it is almost autobiographic.

The double-page illustration in Collier's Weekly of this week is probably the most important picture produced in the period of the war with Spain. It is entitled "A Council of War in Front of Santiago," and is drawn by Gilbert Gaul from a photograph which is itself reproduced in miniature on the margin. The scene is a palm-thatched shed, in which are Generals Shafter, Miles, Wheeler, Kent, Garcia and Castillo in consultation, on one of the days when bombardment followed by assault seemed necessary. There are pictures of the great British and Russian war vessels that are expected to come to blows in Chinese waters, and many other excellent features.

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LABOR DAY

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*Superior second-cabin accommodation on these steamers.

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