FASHION AND FANCY

BLACK LACE HAT DRAPED ROUND WITH FOLDS OF WHITE TULLE—A FRILL OF EMBROIDERED LACE FALLS OVER THE BRIM.

THE WEEK IN SOCIETY.

The elements did not favor the summer resorts last week. At Newport, Narragansett Pier, Bar Harbor and Southampton, the quartet of resorts toward which the eyes of society have been turned for the last three or four weeks, the skies wept and the winds blew for four days. The severity of the storm and the autumnlike breezes set the homeward tide in motion early in the week, and Wednesday there were a number of arrivals here from resorts along the Atlantic coast. Notwithstanding the incessant rain, the ball of gayety which has just been set in motion at Newport rolled on, and while outdoor entertainments were out of the question, fashionable people found enough indoors to amuse them. The social affairs of the week at Newport began with a charming musical given by Mrs. J. De Forest Danielson, which was attended by most of the prominent members of the summer colony. The usual informal dance at the Casino followed dinner parties given by Mrs. Clement C. Moore, Mrs. George Hoffman and Mrs. Edward R. Wharton. The dance was well attended, but for the first time this season the Casino dance on Friday night claimed the most attention of society people. Music, lights and floor were unexceptionable, and the matrons, young and old, as well as the belles and beaus who danced until midnight, enjoyed themselves to their hearts' content. Miss Virginia Fair, in white satin and silver; Miss Van Alen, in pale blue with silk gauze; Miss Blight, in blue brocade; Miss Cushing, in black satin with red chiffon sleeves; Miss Hoffman, in white moire; Miss Brice, Miss King, Miss Evelyn Burden, Miss Rogers and Miss Edith Clapp, in pretty and effective gowns, were some of the belles present. The young matrons were represented by Mrs. William R. Travers, Mrs. J. Wadsworth Ritchie, Mrs. Elisha Dyer, jr., Mrs. Hermann Oelrichs and Mrs. Frederic Neilson. Some of the men present were William R. Travers, Thomas F. Cushing, Reginald Brooks, Potter Palmer, jr., Grosvenor Lowrey, Richard Peters, Stanley Mortimer, E. H. Harriman, William Spencer and James J. Van Alen.

Notwithstanding the general apathy pervading Newport's fashionable set just now, there are a number of eligible unmarried men to be found there. Some of them are Goold Redmond, Hamilton W. Cary, Woodbury Kane, Center Hitchcock, Henry F. Eldridge, Frederick O. Beach and James Otis. While dinner parties have been of nightly occurrence among the villa owners at Newport, it remained for Mrs. William Astor to lead the procession of stately banquets for the season on Thursday night, when she gave at Beechwood the first of a series of elaborate dinner parties. Her guests, who sat about a table handsomely decked with pink hollyhocks and hydrangeas, included Mr. and Mrs. I. Townsend Burden, Mr. and Mrs. W. Watts Sherman, Mr. and Mrs. Elisha Dyer, jr., Mr. and Mrs. A. J. Drexel, Mr. and Mrs. Francis Key Pendleton, Mr. and Mrs. Orme Wilson, Mr. and Mrs. A. Cass Canfield, Mrs. Edward S. Willing, Mrs. S. F. G. d'Hauteville, Mrs. Stuyvesant Fish, Miss Josephine Johnson, Baron Oppenheim, of Paris; Commander Rogers, United States Navy; James J. Van Alen, Egerton L. Winthrop, Lispenard Stewart, Perry Belmont and Colonel George R. Fearing. Mr. and Mrs. Oliver H. P. Belmont will provide a feast of good things for their friends at Belcourt to-night, and Mr. and Mrs. I. Townsend Burden will give the first of their series of dinner parties on Tuesday evening next. The Executive Committee of the Casino has decided to give a dance on Thursday evening in honor of the New-York Yacht Squadron and the fleet of the North Atlantic Squadron. With the two weekly dances this will make three dances at the Casino for the first week in August. Interest in the harbor fête, which will take place on Wednesday evening, is great, and unless something unforeseen occurs it will doubtless be as successful a display as was last year's. Rear-Admiral Sicard of the North Atlantic Squadron has promised to do everything in his power to help the affair along, and he has given assurances to the committee that at least six United States ships will be on hand. The electrical display and the searchlights from the ships will, of course, add materially to the illumination of the harbor. On Wednesday afternoon there will be a land parade, in which the local militia, the troops from Fort Adams, sailors from the training station and a detachment of sailors and marines from each ship will take part.

There seems no likelihood of Newport having a dog show this summer, but Frederick Bronson, president of the Coaching Club, has said that there would be a coaching parade. Mrs. David King will give a dance at her villa in Bellevue-ave. on Tuesday evening, August 24. About the same time Mrs. Astor will give a ball for her granddaughter, Miss Sarah Van Alen, daughter of James J. Van Alen, and Mr. Van Alen will give an outdoor party in honor of his daughter soon after. The ranks have been recruited by the arrival of Mrs. John Ellis Hoffman, who, with Mr. Hoffman, has leased the Dresser cottage in Bellevue-ave. for the rest of the season; Mrs. Cornelius Vanderbilt, who arrived from Europe on Friday night; Mrs. C. Oliver Iselin, who has been entertained by Mr. and Mrs. Royal Phelps Carroll; Miss Helen Benedict, who appears to be as fond of sailing as she is of driving a coach and four, and Mrs. S. S. Howland, who has arrived at the cottage leased by her for the season. Ex-Commodore and Mrs. Elbridge T. Gerry and the Misses Gerry have returned from abroad, and are established for the season in their villa. Mr. and Mrs. Henry T. Sloane were among the arrivals from Europe last week. They are occupying the Carey cottage.

The golf tournament which began on Tuesday at the Shinnecock Hills Golf Club was, in spite of the rain and wind, a most successful sporting and social affair. The grounds on the early days of the tournament were soaked and flooded with water, but no matter how fierce it stormed the number of spectators was large and the clubhouse was each day the scene of the most bustling activity. Foxhall P. Keene, who was the surprise of the week, was also somewhat of a hero. His defeat of the two clever Yale players, Reid and Terry, won for him the applause of every spectator on the ground. The final match played on Friday for the President's Cup between Keene and James Tyng was followed by a crowd of spectators who witnessed Mr. Tyng outplay Mr. Keene. Some of those who enjoyed the games were Mr. and Mrs. John Jacob Astor, who came ashore from their steam yacht, the Nourmahal, with a party including Miss Livingston, Miss Randolph, Winthrop Rutherfurd, Craig W. Wadsworth and Mr. Frelinghuysen; Miss Mildred Brooks, Mr. and Mrs. Henry G. Trevor, Mr. and Mrs. Frederick H. Betts, Mr. and Mrs. J. Langdon Schroeder, Mr. and Mrs. J. Bowers Lee, the Misses Lee, Mrs. DeLancey Nicoll, Mrs. Charles S. Brown, Mrs. Charles R. Henderson, the Misses Henderson, Miss Beatrix Hoyt, Miss Bertha Munde, Mrs. Russell H. Hoadley, jr., Miss Parsons, Mrs. G. C. Clark, the Misses Clark, Miss Anna Livingston, Mr. and Mrs. Horace Russell, Mrs. Philip J. Sands, the Misses Sands, Miss Jeannette Hoyt, the Misses Barnes, Mrs. W. A. Putnam, the Misses Stebbins, Miss Godfrey, the Misses Swain, Mrs. A. B. Claflin and Miss Ethel Wickham. Luncheons were given in the week by Mrs. Betts, Mrs. Lee, Mrs. Sands and Mrs. Trevor. Dinners were so numerous that even those who go to as many as can be crowded into the week had difficulty in keeping their engagements in mind. The next excitement at Southampton will be a soirée dansante, which is to be given in the ballroom of the Meadow Club, and will be in aid of a Southampton charity.

One of the important and brilliant social incidents of the week at Bar Harbor occurred on Tuesday afternoon, when the recently organized Ladies' Club was opened with a large reception. Flowers and other decorations added to the beauty of the artistic furnishings of the clubhouse, which was visited by more than three hundred guests who enjoyed the hospitality of the new organization. During the afternoon there was music by a band stationed on the lawn. The House Committee, consisting of Mrs. Henry Drayton, of Philadelphia; Mrs. Burton N. Harrison, Mrs. Cadwalader Jones, Mrs. J. Madison Taylor and Mrs. Gardiner Sherman, of this city, received. Among those who attended the reception were General and Mrs. Schofield, Mr. and Mrs. Herbert Parsons, Mrs. Frederick Gebhard, Mr. and Mrs. John De Koven, Mr. and Mrs. Edmund Pendleton, Mr. and Mrs. M. D. Robinson, Mr. and Mrs. Richard Townsend, Admiral and Mrs. Upshur, Miss Ethel Davies, Miss Augusta Davies, Miss Sedley, Miss Hannah Whitney, Miss Van Doren, Miss Van Ingen, Gardiner Sherman, Reginald Johnson, Fernando Yznaga, Dr. Wagner and George Newhall.

Several engagements were announced last week. Mrs. David Close, of the Dakota, in West Seventy-second-st., announced the engagement of her daughter, Miss Adelaide A. Close, to Dr. William Norris Hubbard, of No. 17 East Thirty-eighth-st. The engagement was also announced of Miss Emily C. Le Barbier, daughter of Mr. and Mrs. Henry Le Barbier, of Pelham Road, New-Rochelle, to Lieutenant William Moore Crofton, United States Army, who is now stationed in California. The wedding will be celebrated in the autumn, in the Roman Catholic Church of the Blessed Sacrament, in New-Rochelle. Miss Le Barbier is a granddaughter of the late Peter Hargous, and belongs to one of the best-known French Roman Catholic families in New-York City. She is a niece of Mrs. John R. G. Hazzard, whose husband was for many years connected with The Tribune. Lieutenant Crofton is now on furlough in New-Rochelle. The engagement has also just been announced of Miss Flora Mabel Taylor, daughter of the late Dr. George H. Taylor, and a graduate of Vassar College, class '95, to Dr. J. Brace Chittenden, Ph. D. of Columbia University and a graduate of Harvard University, class '89.

The marriage of Miss Lillian Mabel Hall to Frederick Schmidt took place at 8 o'clock on Wednesday evening last at the home of the bride's father, No. 253½ Bainbridge-st., Brooklyn. The rooms were handsomely decorated with flowers and growing plants. The Rev. Dr. Adams, of the Janes Methodist Episcopal Church, was the officiating clergyman. The bride, who was given away by her father, wore a gown of white silk, with garniture of point lace, and a tulle veil fastened with orange blossoms. She carried a bouquet of white roses and orchids. The bridesmaids, in pretty gowns of white organdie over Nile-green moire, were Miss Daisy Hall, sister of the bride, and Miss Carrie Bellamy, of this city. They each carried a bouquet of gloire de Paris roses. Miss Violet Strang, of Montreal, was the little flower girl. Mr. Schmidt's best man was his brother, William G. Schmidt. The ushers were William Willskorner, of Gravesend; George Schutz and John Bellamy. Immediately after the ceremony there was a reception. A few of the guests were Mrs. Campbell and Miss May Campbell, of Mount Vernon; Mrs. Alfred Gildersleeve, of Portland, Conn.; Miss Anna Carpenter, Miss Anna Schmidt, Mr. and Mrs. James McAlley, Mr. and Mrs. Henry Roden, Miss Anna Carpenter and Miss Sargeant, of Staten Island.

Among the well-known fashionable people who arrived from Europe last week were Mr. and Mrs. G. Howard Davison, who were married in St. Bartholomew's Church on April 28; Mr. and Mrs. Morris K. Jesup, Mr. and Mrs. Sidney Dillon Ripley, Mr. and Mrs. F. D. Jones, Percival F. Jones, Mr. and Mrs. Philip Bradford Niles, Mr. and Mrs. Henry T. Sloane, the Misses Sloane, J. Hampden Robb, Mr. and Mrs. Elbridge T. Gerry, the Misses Gerry, H. W. Lawrence and Miss Lawrence.

Some of those who sailed last week were Mr. and Mrs. Philip Schuyler, who spent the last two weeks at Newport as guests of their daughter, Mrs. Royal Phelps Carroll; Mr. and Mrs. Oliver S. Carter, J. Sergeant Cram, Abram S. Hewitt, Miss Eleanor Hewitt, Mr. and Mrs. Richard Durning Holt, whose wedding was celebrated in Grace Church about the middle of June and who are bound for their home in Liverpool; the Countess Spottiswood Mackin, Jules de Neufville and Mrs. J. Clinch Smith, who gave a tea on Monday afternoon last on the grounds of the Smithtown Outing Club, Smithtown, Long Island.

Vice-President and Mrs. Hobart, who are at Newport, the guests of Lispenard Stewart, will be entertained at dinner to-night by Mr. and Mrs. Calvin S. Brice. Mrs. Frederic Neilson, who is spending the summer at Newport, will go abroad in the autumn and remain all winter. Mr. and Mrs. August Belmont, who have decided to pass August at Bar Harbor, will visit Newport shortly to be the guests of Perry Belmont at his villa, By-the-Sea. Mr. and Mrs. Sidney Smith have arrived at Marble House, and John G. Beresford is the guest of Mr. and Mrs. W. Storrs Wells at their Newport villa.

In place of the regular season of opera at the Metropolitan Opera House next winter fashionable society will have a series of eight entertainments, which will be given in December, January and February in the ballroom of the new Astoria Hotel under the auspices of the Society of Musical Arts. Clarence Andrews, who returned last week from Europe on Eugene Higgins's yacht, the Varuna, has secured a number of novelties for these entertainments, which will be of an interesting character. It is proposed to begin them at 9:30 o'clock with an operetta, a pantomime, or a short play, this to be followed by some vocal or instrumental artist and refined vaudeville specialties, closing the programme with a ballet. Mr. Andrews proposes to change the programme each evening, and, of course, the best artists and most attractive novelties will be offered. The entertainments are to be given entirely by subscription, and they will be among the leading features of the social season in town.

Mr. and Mrs. Edwin Gould, who recently made a coaching tour to Tuxedo, started a few days ago on their coach with a party, consisting of Miss Bertha Thompson, Miss Jeanette Kethredge, Perry Jaffray and J. G. Baldwin, jr., with the intention of making a circuit of Long Island.

Miss Valentine Lawrence, daughter of James J. Lawrence, was married to Arthur Henriques, of Honolulu, on Thursday evening, at the home of her father, No. 107 Buena Vista-ave., Yonkers. Because of the recent death of the bride's uncle, William F. Lawrence, the wedding was private. Miss Mary J. Lawrence attended her sister as maid of honor, and Willet H. Clark was Mr. Henriques's best man. The bride, who is a granddaughter of Mrs. E. D. E. N. Southworth, the novelist, and her husband have started for Honolulu.

Mrs. Chauncey Kilmer, of this city, is entertaining a large home party at her country home, at Saratoga Springs. Mrs. Kilmer's niece, Miss Mamie Cooper, is in Paris.

Professor Alfred Houghton Clark, who has charge of the art department of the Kansas University, at Lawrence, Kan., and is revealing marked talent in portrait painting, is spending a week at the Oriental Hotel, Manhattan Beach. Professor Clark is a Boston man by birth and training.

THE DURANT DIVORCE SUITS.

All the testimony in the cross suits for divorce filed by William West Durant and his wife has now been offered, and it remains for the referee, Lewis Cass Ledyard, to report his decision to the Court. The friends of Mrs. Durant, among whom are members of her husband's family, are confident that she will win a victory on all points. Conversations with the witnesses who appeared before the referee has led them to feel certain that such will be the outcome of the litigation. It is also believed that the custody of the three little children will be vested in the mother. Mrs. Durant has for a time been the guest of Mayor and Mrs. Strong. Her counsel is Elihu Root, while Treadwell Cleveland is the lawyer for the husband.

Mrs. Durant has recently been successful in an action brought against her husband for $5,000, the interest on certain securities.

JUBILEE OF SISTERS OF NOTRE DAME.

The School Sisters of Notre Dame privately celebrated their golden jubilee in America yesterday in the chapel of their convent, at No. 333 East Sixty-second-st. The celebration was in commemoration of the coming to this country of Mother Theresa and four Sisters, on July 31, 1847. Mother Theresa returned, but the four Sisters remained and founded the order in this country. The celebration at the convent began at 5:30 a. m. with high mass. By permission from Bishop Farley, secured by Father Hild, of the Church of Our Lady of Perpetual Help, there was exposition of the Blessed Sacrament till noon, followed by benediction. The music was by an organist Sister from another convent and ten girl pupils.

To-day in the Church of Our Lady of Perpetual Help, No. 323 East Sixty-first-st., the golden jubilee will be publicly solemnized. There will be high mass, with orchestra, at 9:30 a. m. The Rev. Joseph C. Hild will be the celebrant of the mass, and the Rev. John G. Kissner will preach the sermon. The children of the parochial school will occupy seats in the front pews of the centre aisle, accompanied by the Notre Dame Sisters in charge.

The order, which has grown to be the largest in the United States devoted exclusively to teaching, is divided into two provinces, Western and Eastern, with headquarters in Milwaukee and Baltimore, in which cities elaborate jubilee services will be held. The services in Baltimore are set down for August 15. Jubilee services will also be held in St. Louis. In the last fifty years the number of Sisters in this country has increased from four to about twenty-six hundred. There are nearly seventy-nine thousand pupils.

WOMEN AND THEIR WAYS.

It is claimed that Miss Edith T. Griswold is the only woman solicitor of patents in New-York City. She has her own office in a Broadway sky-scraper and has been in her present profession for twelve years. She is a graduate of the New-York Normal College, is studying law, and will soon apply for admission to the bar.

Mrs. Lewis is the name of the woman who discovered some manuscripts of the Gospel in a Syriac convent on Mount Sinai. With her sister, Mrs. Gibson, she has examined two service books of Palestinian Syriac of the twelfth century. These books are supposed to be written in the dialect spoken by Christ. The two sisters will soon publish a text of their researches.

Spanish and French women of the higher class are usually expert swordswomen. They are taught to fence as carefully and accurately as their brothers, and there are numerous schools in the two countries where young women are taught not only to fence, but to handle the broadsword.

Mrs. Jennie Benson conducts a large store in Omaha, and employs only women and girls in the establishment. She has managed her business alone for nearly ten years, and comes to the East regularly to select and purchase her stock.

A woman of ninety-seven, now living in the South, recently had a proposal of marriage. She is Western by birth, is said to be wonderfully attractive and looks thirty years younger than she is.

Miss Gertrude Dwyer, of San Antonio, was crowned "Gertrude the First, Queen of Texas," at the May festival in San Antonio. She has gone on a royal visit to President Diaz, in the City of Mexico, and it is said that Her Majesty is to negotiate and obtain some valuable commercial privileges for her native State.

BLOOD WILL TELL.

From The Kansas City Journal.

"The Quenemo Republican" recounts the case of a widower down there with two children, who married a widow who also had two children. To this union was born two children, and the other day the man went into the house and said to his wife: "Sarah, your children and my children are thumping the stuffing out of our children."

INTERESTING COMMUNICATIONS.

WOMAN'S PAGE APPRECIATED.

To the Editor of The Tribune.

Sir: I wish you every success in your delightful Sunshine work. Yours truly,

MRS. H. M. NESMITH.

Shore Road, Astoria, Long Island, July 23, 1897.

PERIOD OF DIM FUTURITY.

To the Editor of The Tribune.

Sir: On Friday's Woman's Page is a note from a recent lecture on "Pedagogical Aspects of Physiological Psychology." In this, from two percentages and an observation, the conclusion is reached "that few people, save geniuses, ever get an absolutely new idea into their heads after the age of thirty-three. They generally build upper stories on foundations already acquired." These statements are epigrammatic, but are either true? Both cannot be so, for they are contradictory. The man who wrote them must be looking forward to his thirty-fourth year as a period of dim futurity. How merciless to fix the age of atrophy for most of us at thirty-three! Why, we can't all be spared from home every summer to attend school and keep our brain tracts vigorous.

Are we getting near that exquisite stage of later Rome, when rhetoricians wandered about the empire, prepared to talk extempore to their audiences on any subject proposed, as "A Fly," or "The Agony of a Star"? There surely seems to be a tendency of a class of young learners to file a patent on their latest acquisitions from books and periodicals, and to deny that their ancestors had any correct ideas on the subject. Yours truly,

New-York City. MRS. E. G. C.

To the Editor of The Tribune.

Sir: Last evening a woman of ability, cultured and attractive, said to me: "Men do not like me." I send you some reflections of mine on the subject, "What Makes a Woman Attractive to Men?"

WHAT MAKES A WOMAN ATTRACTIVE TO MEN?

Not the easiest among the vexed questions discussed from time to time is this: What is it that makes a woman attractive to men? Not beauty, since we all can name plain women—conspicuously plain women—whose conquests have been many and who have carried off brilliant prizes in matrimony. Of four sisters whom I knew well the only plain one among them all had more attention from men than her three beautiful sisters combined. Not brilliancy, since the most quiet, even painfully quiet, women have been known to "marry well," as the saying is. Not wit, since dull, commonplace women are often preferred to their more gifted sisters. Not always a lovely disposition, since it is notorious that if one of a large family of sisters is left to live and die in single-blessedness it is usually that one of the girls whom all concede to be the most generous, the most lovable, the most self-sacrificing, of them all. Not careful attention to dress. I know a Southern woman who is surely the most careless mortal ever born into the world, who goes about looking like the Witch of Endor, who has even been known to go to a party with her sleeves pinned in her dress, yet this woman is almost adored by her husband and grown-up sons, and is petted and caressed by them from Monday morning until Saturday night.

Nor is it the qualities that make a woman attractive to girls and other women; for we all know countless women about whom other women rave—girls whom other girls almost worship, who are almost ignored by men. Then what is it that makes a woman attractive to men?

To me, woman as I am, women are irresistible. I have roamed the wide world over, have been a wanderer in many lands, and for one thoroughly attractive, charming man I have encountered on my pilgrimage I have met a score of winning, irresistibly attractive women. And to me it has always been a mystery why women who appeal so irresistibly to me, and not to me alone, but to other women as well, fail to attract the sterner sex.

Not long ago, in one of the great cities of our Atlantic seaboard, I met a most charming specimen of the genus young woman—a radiant vision was she, rosy-cheeked, bright-eyed, all "life, glow and sparkle," and, withal, well-bred, well-educated, modest and unaffected. I was taken captive at once, and one day, when alone with my friend, I impulsively exclaimed: "Oh, my dear, if only I could take you home with me! I have two young brothers, and I should so like you to be my sister!"

My friend laughed heartily, and exclaimed: "Your brothers would not care for me. I assure you that I am not in the least attractive to men!"

"Nonsense!" I cried. "A girl like you must be attractive to every one!"

How mysterious, from some points of view, are the marriages that are continually taking place! In my own city a girl, who at school was notorious for her lack of mental ability—a girl who was not only plain-looking, but large, ungainly, overgrown, besides being totally destitute of conversational ability—was sought in marriage and wooed with the most unwearying persistence, with the most ardent devotion, by a young man of unusual promise, well-bred, well-educated and refined. Can such things be? Yes; we see them about us every day.

Recently, in speaking to a friend of a woman who holds a high position—a position of respectability and honor—I said: "It is not every woman who could hold a position of that kind, but your little niece is very like Miss B. in many ways, and had I the charge of her I should aim high and fit her for just such a place in the world."

"Yes," said my friend thoughtfully, "I agree with you. Louise has just the gifts that would enable her to succeed in such a position; but then she is just the girl who is sure to marry young, and it's hardly worth while for her to spend seven or eight years in preparing for a position which she would be sure not to occupy more than two or three years at the utmost."

"Sure to marry young!" I said to myself. How can one tell? Louise is a girl of varied gifts and graces, but many a less-favored sister may be preferred to her. After all, cannot the whole question be summed up in this way? An older sister was remonstrating with a younger brother about his wild, intense affection, amounting almost to idolatry, for a certain young woman. "It is absurd, positively absurd," she said. "Why, you and I both know any number of women more beautiful, more gifted, more—"

"That may be!" interrupted the younger man. "I only know I love her!"

JULIA B. H.

Buffalo, N. Y., July 21, 1897.

COOKING SCHOOLS.

WHAT THOSE OF NEW-ENGLAND ARE DOING TO BETTER THE CONDITION OF HUMANITY.

A GREAT AWAKENING FROM THE DANGEROUS ERRORS OF THE PAST—SCIENCE CALLED IN TO AID IN RESTORING HEALTH AND VIGOR TO THE PEOPLE—THE ANIMAL MAN TO BE MADE AS PERFECT OF HIS KIND AS ARE THE OTHER ANIMALS.

New-England seems to have awakened to the almost criminal indifference of the American people to the subject of food and cookery. Cooking schools are becoming popular, and periodical publications dealing exclusively with this and kindred topics are familiar in every household. In a community where there is so much general intelligence and information it will not take a long time to oversee the results of the ignorance and prejudice of years, and it may be safely said that in the middle life of the New-England States the cooking school will become almost as great an object of veneration as was the uprising of the patriots in her youth.

A movement was inaugurated in a quiet, unpretentious way at Worcester, Mass., last winter that, in the opinion of thinking people to whom it has become known, bids fair to work a physical revolution in the American man.

It took its rise in the dissatisfaction of some broad-minded residents of that city with the ever-recurring procession of narrow-chested, stoop-shouldered, nerveless American humanity. A moment's reflection served to compare these half-nourished specimens with the descriptions history has handed down to us of the tough-fibred, virile, aggressive manhood which laid low the primeval forests, drove back the wild animals—and the wilder Indians—and made a smiling garden of the howling wilderness.

Naturally the question arose, "Whence this physical degeneration? Why is it that the man of to-day, comfortably clothed, warmly housed, well fed, should have fallen from his high estate and become the travesty of his grandsire?"

It is capable of absolute demonstration that the man of to-day is better clad and better housed than his ancestors. Then let us look into the third and most important point. Is he as well nourished?

Undoubtedly, in the matter of variety, he has an enormous advantage over the early settlers. The products of the world are laid at his feet, and yet he is to all appearance a physical degenerate—starving amid plenty, a veritable modern Tantalus.

Now these worthy philanthropists of Worcester called certain wise men to their aid and laid the matter before them. "Our people," they said, "look like starvelings and act like starvelings. Their teeth are frail and defective. Their hair seems only to have been lent to them, so short a time do they retain it. Their stock of bone and sinew and muscle seems to be wofully in need of replenishing. Why?"

For the scientist the answer was an easy one. "They are starved. With food in plenty, and of the best, they throw away all that which makes the muscle, bone, sinew, teeth, hair, even brains, and in their barrel of snow-white triple-X, best family flour they retain only the starchy elements that supply the body with heat, the carbonates. The bolting cloth is like to become the shroud of the proud American race, and their place will be taken by the coarser, less fastidious people, whose æsthetic taste does not blind them to the nourishing qualities of the whole wheat product."

As one said: "The most stupendous error of any age or any civilization is eating unnatural food. It is active ignorance, and the enemy is insidious and therefore combines elements for mischief which at once deceive and destroy. A wild bull in a china store might be called active ignorance, but he is no more unnatural or less destructive than unnatural food in the human stomach. Natural foods make natural conditions."

From this agitation arose the "New Era Cooking School," which was opened on the 5th of last January as a source of local instruction, with a lecturer to whom the food values of various products were familiar, and a skilled professional cook, to whom the appetizing combinations of the maximum of nourishment, with the minimum of tax upon the digestive powers, was an open secret.

At first these lectures were received with an interest that was merely passive, but as soon as the length and depth and gravity of the subject were realized it became necessary to enlarge their scope. A New-England circuit was, therefore, established, consisting of the principal towns and cities of easy access, and so emphatic has been the approval and so practical the endorsement of the public that, to mention only one town out of many in the city of Middletown, a small community, the regular gatherings of pupils numbers from 400 to 500, taxing the capacity of the auditorium. In Providence, a larger town, over a thousand women attended this school.

Within the brief period since last January this circuit school has taught over one hundred thousand pupils, mainly women, who belong under that good old-fashioned classification, housewives. When we reflect that each of these housewives presumably represents the average family of five, and that no doubt, in the majority of cases, the other members of the household would bring the numbers up to ten, it becomes evident that nearly one million of people are already direct beneficiaries from this modest school of practical instruction and information.

So great has been the interest excited, and so inadequate have the ordinary school methods been found to satisfy the newly aroused desire for this information, that it has become necessary to use as vehicles of instruction the cooking magazines, in which lessons are given and practical details imparted to pupils in their own homes.

When this crusade against fashionable ignorance in dietetics is thoroughly set going it will be almost impossible to estimate properly its effect not only upon this but upon coming generations. The "Colonial" and "Revolutionary" families of eight, ten, twelve or more children have become things of the past. Childless unions are by no means uncommon, and even where offspring follow marriage the wretched physique handed down to the children by their half-nourished parents makes the blessing at best a dubious one, a veritable example of the truism, "The sins of the fathers are visited upon the children."

The early settlers in New-England, whose food consisted largely of coarsely ground grains and unbolted flour, were men of wonderful strength of fibre, intellectual, virile, aggressive, fearing nothing but God. Their families were large, and their descendants, numerous as the sands of the seashore, rapidly peopled the land. But, alas! they accomplished too much; their very ingenuity proved their ruin. With their storehouses running over with grain, they introduced the bolting cloth, and used for their own food fine white impalpable flour from the heart of the grain. All the rest, the bone and sinew producing part, which could not be so finely ground, and which gave it the dark tint, was thrown to the animals.

Nature followed her unvarying law, and took her unrelenting revenge. For those who would not eat the bone-building gluten she refused to supply bone material. The vigor of the race languished, families diminished, a full, sound set of teeth became a thing unknown; the frail, half-nourished apologies for teeth gave out in early youth, and America, seeking to overcome natural laws, instituted the most skilful dentists in the world, with excellent results—for the dentists.

As a result of their scientific investigations the promoters of the New Era Cooking School have reached the conclusion that, of all the products of Mother Earth, wheat most nearly furnishes, in the correct proportions, all the properties to nourish all the elements of the body; that is, of course, wheat as it comes from Nature's laboratory. Unfortunately, wheat as it is usually presented on our tables in the forms of bread, biscuit, cakes, etc., is, in the effort to produce the æsthetic effect of whiteness, robbed of its rich nitrates and phosphates in which reside the bone and muscle and brain producing elements, while there are left only the carbonates, or heat and fat producers.

Continuing on this line of investigation, the search for the most perfect form in which the all-satisfying wheat can be offered for human use, the conclusion was reached with irresistible force that in "shredded wheat" there exists a staple in which not one single value is lost, but all are preserved and coexist in harmonious union. Of course, there are other grain foods, many of them of great dietetic value, but none other absolutely perfect, combining, as this does, in itself, every property needed for the support and lusty vigor of human life at its highest point of intellectual and physical efficiency. Not less vital a factor in promoting the advance of this wave of reform, in this most important of foods, is the fact that, as prepared for market, shredded wheat is in condition to be made into the daintiest and most appetizing of dishes for the table, and lends itself so readily to combinations with all other comestibles, both animal and vegetable, that its place upon every table, as the staple of each meal, seems assured. A friendly grocer showed the writer a complaining letter from a convert, who was apparently convinced against his will: "At your solicitation I began the use of shredded wheat as a breakfast cereal. I now find it essential to have it three times a day, and would kindly ask you to use more care in delivering it (promptly) to my house. Would like it every morning without fail." Could any old toper be more querulously solicitous about his jorum of rum than this former dyspeptic about the regular supply of the food which restored him to sound health?

Among professional men of the highest standing, Dr. George B. Peck, of Providence, in speaking of it, says that he has "found it to be a very toothsome novelty, well adapted to a variety of servings, and particularly valuable as a delicate nutrient, containing all the reparatory elements of the grain, thoroughly blended, and so carefully that the presence of filth and disease germs is an impossibility. I propose to make it a staple article of food, that I may be the better able to withstand the ravages of increasing years."

In fact the self interest of every one of every class and station who has given a fair trial to this staple food-product has led them to indorse it most heartily. The United States Senate is often spoken of most truthfully as "the most perfect and most completely found club in all the broad domain of Uncle Sam." As gastronomers, the Senators rank fully as highly as in the field of law-giving. Mr. Theodore S. Page, proprietor of the Senate restaurant, spoke as follows: "I must say I am most favorably impressed with it, as an article of food, especially for its healthfulness and the many ways in which it can be prepared. I wish to introduce it into the restaurant of the United States Senate, where I intend to make it a part of the daily bill of fare."

This is praise from Sir Hubert, but of no greater value to the general public than is the indorsement offered by a railway porter, whose twenty years of service have afflicted him with the ill that all railroad men are heirs to, sluggish inaction of the most important of all health functions. He asks: "Can you find a railroad man in the United States that will say he has not tried almost every remedy presented by the Schools of Medicine? Shredded wheat has produced most wonderful results with us—it is a delicious cereal food that stands at the head of the list. Our bill of fare calls for everything the market affords, so you see I am in a position to know something about this department, etc." This is praise from a workingman, who finds in Nature's laboratory remedies not to be obtained from the medicine chest.

Hear now the joyful report of a happy mother over her restored infant: "With reference to the beneficial effects of your shredded wheat in cases of stomachic ailments, I wish to say that when my baby, twenty-one months old, was ill with gastric fever this summer, Dr. Lowmay prescribed shredded wheat as food, and that she was able to digest it, and that it agreed with her perfectly. So that if a baby's stomach, weakened by such a disease as the above, was able to retain and assimilate it, it speaks volumes in its favor."

So it seems that for all ages, classes and conditions of men, from the "bon vivant" at Washington, whose exhausted stomach calls for nature's wholesome food, to the over-wrought railway servant, whose unnatural life of unrest has paralyzed important functions, or the puling babe perishing for lack of the nutrition which, in any other form, its stomach could not secure, this harmonious blending of God's best gift to man is a boon beyond words to express.

It is not within the scope of a newspaper article, dealing only with matters of general public interest, to convey all the detailed information that may be desired on this vital question of health and nutrition, but it may not be out of place to say here that any inquiries addressed to the "New Era Cooking School, Worcester, Mass.," will receive the same courteous attention and immediate response that was accorded to The Tribune man.

CHILDREN'S CORNER.

"The Louisville Courier-Journal" tells the following incident of a sparrow's gratitude to a boy:

"Last week my brother (a lad of twelve) killed a snake which was just in the act of robbing a song sparrow's nest. Ever since then the male sparrow has shown his gratitude to George in a truly wonderful manner. When he goes into the garden the sparrow will fly to him, sometimes alighting on his shoulder, all the while pouring out a tumultuous song of praise and gratitude. It will accompany him about the garden, never leaving him until he reaches the garden gate. George, as you know, is a quiet boy, who loves animals, and this may account in a degree for the sparrow's extraordinary actions."

WEARING FLANNEL.

Flannel should be worn during the summer months as well as the winter. Many mothers think that on the approach of the hot weather they should at once discard all flannel garments. But this is a great mistake. The common woollen flannel should be worn. One color has no advantage over another. To wash the flannel put in a tub, pour some strong, boiling soapsuds on it, leave it till the hand can bear the water, then pour it off and add clear water, boiling hot; let this stand also, as before. Pour off and add more boiling clean water, and when cool enough merely squeeze the garment with the hands—no wringing or rubbing. Stretch it immediately on a line in the hot sun, or before a hot fire, and as the water settles at the most dependent part of the garment press it out with the hand, and be careful to stretch the fabric as soon as the water is squeezed out, aiming as much as possible to keep the flannel hot until it is dry. If woollen garments are treated literally as above, they will remain pliable and soft until worn out.

AS TO ACCIDENT DAMAGE "ADJUSTERS."

From The Jersey City News.

"The News'" revelation yesterday of the scoundrelly practices of a number of individuals, calling themselves "adjusters," in respect to accident damage lawsuits, gave great pleasure to all the respectable lawyers in the city, while it carried dismay into the ranks of the shysters. These "adjusters" are only removed one degree from common blackmailers. They prey upon both parties in interest. Not only are corporations their victims, but also the foolish people who sign away their rights to them.

The Bar Association ought to take some steps to have this traffic legally prohibited. It is a disgrace to the legal profession. The lawyers of the Consolidated Traction Company ought also, on the trial of every damage suit, bring out the status of the "adjuster" and his confederate "lawyer," and hold them both up to public shame and for the guidance of the jury in assessing damages.

It is not too early to begin to write your checks for the relief of the Alaskan gold-miners. True, they have not asked for it, and perhaps they will not ask. But every one knows that relief will be needed. Hundreds of men are rushing to this new El Dorado, despite the recollections of '49 and the warnings of those competent to speak in this instance.—(Indianapolis News.

FOR THE COOK BOOK.

LEMON HONEY.

The following recipe for lemon honey is said to be excellent: Put a half-pound of sugar and three ounces of fresh butter into a saucepan; let them melt. Stir in the grated rind of a large, fresh lemon, adding the juice. Beat three eggs thoroughly, pour into the mixture and cook slowly until clear and of the consistency of honey. Put up in jelly glasses.

"What to Eat" gives the following domestic symphony on cherries:

CHERRIES AND RICE A LA CONDE.

This is usually served as an entrée. Wash a half-pint of rice, put it in a saucepan with one and a half pints of milk; then boil, adding one ounce of butter, three ounces of sugar and a strip of lemon peel; cover and cook until the rice is tender; add more milk if necessary. Remove the peel, add the yolks of two eggs and mix well. Make a compote of cherries, stewing them in a syrup of sugar and water; render it piquant with a few spices, cloves and cinnamon and lemon juice. When the cherries are cooked, drain them from the syrup and reduce the syrup by rapid boiling until thick. Arrange the rice in the form of a pyramid on a deep dish, dot the cherries over the surface of the rice and pour over all the syrup. Serve hot.

CHERRY SALAD.

This is a novel and delightful addition to the summer menu. Stone and remove the stalks from a half-pound of ripe, but firm, cherries. Shell as many hazelnuts as required, and place a nut kernel in the centre of each cherry. This preserves their form and gives an added flavor to the salad. Prepare a good plain mayonnaise, using lemon juice in place of vinegar. Arrange the white hearts of lettuce prettily in a bowl, place the cherries in the centre and just before serving pour over the mayonnaise.

Another pretty form of serving this salad is to whip some aspic until frothy. Render it partly liquid over hot water. The aspic must be clear and sparkling. Pour it into a