



If Ever— We are afflicted with a feeling of superiority we must know that we are in error.

This is the natural vindication of our inherent unity. It is the natural and inevitable witness to the need for the expression of our unity if we would live and grow and be joyous.

We may look ourselves in a room, the most beautiful room in the world, but we are not in it.

The Sunshine— In the home is much talked about and praised and advocated, and yet never too much, nor perhaps never enough.

An Informal— At home is an excellent idea for celebrating the first anniversary of a wedding day.

A Room— Without books is like a face wanting in expression. When the house has its library the bulk of one's books have their local habitation definitely fixed.

Discolored Piano Keys. When piano keys are discolored they may be cleaned with a cloth which has been dipped in eau de Cologne, and then into finely powdered whiting.

Where the wall terminated at the door the low case was continued to the end, but on the other side of the window it ended with a three-cornered cupboard of the same height as those at the window ends, sitting into the angle and filled with blue china.

assured, not by his telling of it, not by his venting his vexations, but simply by his smiling at it, as if it were nothing in common with them, with joy, and peace, and contentment.

Our Emotions— Some one has classified into two grand divisions those belonging to hate and those belonging to love.

The opposite emotions belong to hate and to love and to misery. They need never arise in the breast. When they seem to be the result of the ill emotion they are dissolved by its opposite on the love side.

ADA MAY KRECKER. The rocking horse recently has been adapted to children's exercises, and is made simply of a large wooden tub or tub with three low seats, one in the center and one at either end.

IN THE PARLOR. The bride of a year ago stands in the parlor to receive; and on this occasion, she is held in the hands of the bridegroom.

IN THE HOUSE. The Gymnast Said— There is a wonderful new German reduction method which calls for a rubber blanket, in which the fat woman is wrapped.

The Handy Girl Said— Perhaps the latest novelty in the way of sofa pillows is the postal pillow. This is but a continuation of the fancy for picture posts of all sorts.

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Dear Grace: The kimono and negliges have been having our attention this week, and I wish it were possible to give you a fair description of them.

There are also the matinee jackets and sheath dresses, of the most comfortable and more presentable, of fine dimity and lace and ribbon trimmed, at \$35.

Then there are the wadded and quilted robes that are nice for the cool evenings when one wants to grow confidential, and give you every notice when a tendency to negliges have toward confidence between women.

Juvenile Gymnastics— If simply and regularly performed, are excellent aids to a child's body in general, and trim, and they afford daily pleasure to the tiniest athlete.

The Nursery Maid Said— It is an excellent plan to give the children a certain allowance of money, and take care that it is regularly paid.

The Doctor Said— There are five ways to cure a cold. Bathe the feet in hot water and drink a pint of hot lemonade, then sponge with salt water and remain in a warm room.

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Nutrition— It is not only to repair the wear and tear of tissue in the growing child, but also to provide for rapid development and growth.

One may live on a small amount of food, provided that food is well balanced. It is not necessary that the lunch basket should have more than to bridge over between the two meals, breakfast and dinner.

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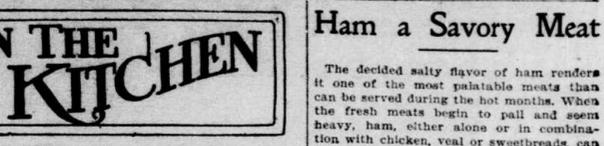
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Cracked Wheat—Soak the wheat overnight in cold water, cook a quart of water to a cup of wheat, cook the same as oatmeal; should be thoroughly done. Serve with sugar and cream.

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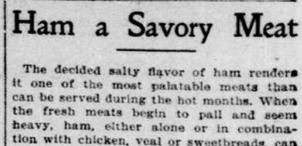
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Ham a Savory Meat. The decided salty flavor of ham renders it one of the most palatable meats than can be had during the hot months.

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