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WOMEN AND DRESS.

GOOD JUDGMENT IN THE SELECTION OF A WARDROBE.

How to Be Well Dressed at Small Expense—Evening Dress of Simple Materials—Some Practical Suggestions for Becoming Gowns—Notes on Some Pretty Dresses.

Of course the girl who aspires to be well dressed when her means are limited must use good judgment in selecting her wardrobe. If she can get but one gown, let that be a good, rough black cheviot. This gown will make, lined with a good quality of fanning's satin, or a taffeta, have a close-fitting, double-breasted skirt. The "one gown girl" can then have a dark red broadcloth vest made and another of tan color. These must fit perfectly smooth under the jacket. Then a waist of black mouseline de soie made over black silk, so that it may appear either as a semi-decollete affair at the dinner or as a high-necked one at the office. This is the owner of the gown to own considerably. The waist can be cut in a shallow square at the neck, and edged with black jet passementerie. It can have a dull, rose-colored yoke and she wishes to make a change. Another silk waist can be had to wear with this skirt, and the young lady with small means can always feel that she is well dressed, and also dressed in becoming and good taste.

The summer gowns are so varied in number and in style, that it is difficult to classify them. Evening gowns are almost invariably cut décollete, but for summer can be made of almost inexpensive materials, and cut square and square in the neck, but the sleeves must be of transparent material, and the general style of the waist must be smart. Garment makers or every one's attention call for elaborate toilets. Gift is its particular outfit, while bathing and cycling have to be thought of.

With the hot weather, any number of thin gowns are seen, of material as fine and sheer as cobweb, with yards and yards of lace and ribbon sashes, bows and loops of ribbon. Both narrow and wide laces are used to trim, and the gown. One costume just completed has a skirt and waist made of alternate ruffles and insertions of Valenciennes. The material is of white mouseline de soie. There was no lining in this gown, simply worn over white, and the effect was as transparent as possible. It was worn gracefully, and was more effective than a ruffled and flounced gown could be.

In pale yellow dotted muslin a charming gown was made, with ruffles, edged with narrow lace, and the waist to overlap one another from the waist to the hem. The waist was made tight-fitting in the back, but in the front was loose like a chemise, and trimmed with narrow ruffles, edged with lace. At the top of the sleeve was a puff, but the lower part was skirted in clusters of tucks and bands of ruffles. A broad pink moire sash and collar of white lace, which was yellow, gave a note of color that was exceedingly pretty. The linings were of pink silk.

A pale pink silk mull with an unbrocaded skirt, had been made over silk. The skirt has five flounces, edged with narrow lace, and the waist has strips of lace and ribbon, and over the top of the sleeve are four ruffles, edged with narrow lace. It has a black moire collar and sash, while a big full ruche of lace at the back of the neck relieves the plain color.

Colored silk mulls and mouseline de soie are very desirable materials, but are not so fashionable. A white mull that was well cut, but had lost its freshness, was made over with a white muslin, and covered with sheer Brussels net, put on a lace collar and full over this was black three flounce black net laid full in front. Black satin ribbon, with a phosphoric buckle in front of the waist, which was cut low, with black velvet roses and tiny buckles on the shoulders.

Light gray gowns are considered extremely fashionable, not only for the young girl, but for the married woman. The favorite shade is a light seafoam gray, which, relieved by trimmings of white, has none of the coarse canvas a pretty gown is made up of, and the white silk taffeta. The skirt is tucked over the hips in five rows of ruffles, and the lower part of the water is tucked. The upper part of the waist has a ruche of yellow gullure lace, which extends to the upper part of the sleeves in piquettes. There are also two cuffs of blue and high collar with white lace and lace-trimmed sash, making the gown effective.

A pale gray cashmere is made with skirt lined with blue floss silk, and with a blue waist. A yoke of yellow velvet shows when the double-breasted blouse front is trimmed with an arabesque pattern of black and yellow floral falls.

Dark lines are again in style. One gown which was made up over red under the lines. A six-colored crash suit has the skirt trimmed with rows of black jet passementerie. The jacket is round and shined back and front, trimmed with black jet. The skirt is one red silk shirt waist worn with this suit.

From Paris come the news of the appearance of the new shades of the hair, a very dark blue, called Nansen, and

Home Suggestions.

A new "fad" is to get all of the yellow ribbons which come tied around cigar boxes, with printing upon them, and baste them in fashion on a cushion of muslin for a sofa pillow. They are worked on the edge with a fancy or a braid silk in black silk. Some are making them into crazy quilts. They are effective and pretty.

Castor oil applied once a day for several weeks will never fail to remove warts.

The luster of morocco may be restored by applying the white of an egg with a sponge.

Soda, when dissolved in hot water, loses much of its caustic acid gas, which is the raising property.

By rubbing a fresh lemon into a soiled surface and rinsing it several times in luke-warm water it will become as sweet and fresh as when new.

A little bag of mustard laid on the top of a pickle jar will prevent them from becoming mouldy.

Real lace and silk lace can be cleaned easily with gasoline or benzine. The lace should be washed smoothly on a bit of old thin muslin before washing and drying. When the lace is rare or expensive it is best to send it to a trustworthy establishment to be cleaned.

White whalens can be restored and used again by simply soaking them in water a few hours and then drying them.

White daisies with golden centers and scarlet poppies are a pretty combination for the lunch table decoration. With a few fancy grasses mingled through them they make an attractive decoration.

A child's respect for the parent is not secured by over-lentency, any more than by over-severity.

A daughter should never seek, nor be allowed to outdress her mother. In every family the mother should be the best dressed member.

Generosity is the most beautiful trait in a young woman's or a young man's character. It is akin to love, which is the greatest and the sweetest trait of all.

A silver polish that will clean silver without hand rubbing is made by mixing whiting with a few drops of ammonia, then thinning it with water to the consistency of cream. It will keep if corked tightly in a bottle.

In making bags or cases for silverware an unbleached material should be used. Silverware is best wrapped in blue or white tissue paper, then in cotton flannel bags or cases.

Three gills of canned tomatoes (fresh ones can be used), one tablespoonful of butter, one of flour, half teaspoon of salt, one-fourth spoonful of pepper, two whole cloves and a tiny piece of onion. Put the tomatoes, onion, cloves, salt and pepper in a pan on the stove, cook for ten minutes after it begins to simmer. Put the butter in a pan over the fire when hot, add the flour and stir smooth and until frothy; stir this in the tomatoes and simmer for four minutes longer. Put the mixture through a strainer enough to keep back the seeds. Serve hot with anything required. This is a delicious sauce.

To one pint of cold cooked chicken, beef or mutton, add one scant teaspoonful of salt, one-fourth of a teaspoonful of onion, beaten whites of four eggs; stir carefully until you have all the meat moistened, then roll the meat into tiny balls and drop in boiling water and cook until they come to the surface of the water. Serve with a cream sauce.

Mince two hard-boiled eggs and a handful of cream, and mix with two spoons of mayonnaise. Butter this slice of bread, brown bread, spread with this mixture, lay a layer of onion, sliced and halved, join the slices and cut into halves.

Select smooth, ripe tomatoes; drop them into boiling water for one minute, then in cold water. This will make the skin come off easily. Put them on a platter in a cool place, on the ice if possible. At serving time cut them in slices and place on a cold dish. A cooked mayonnaise with a gill of cream added is an addition to the tomato if desired, but it can be omitted and served plain or with vinegar, sugar, salt and pepper.

Choose green peppers of even size, and round rather than long shape. Cut off the tops, remove the seeds and veins, cover them with boiling water for forty or fifty minutes. Drain them, and fill with a stuffing of bread crumbs and any cold meat or chicken minced fine, a chopped tomato, salt and pepper to taste, a heaping tablespoonful of butter, a little parsley, one egg and a teaspoon of salt. Mix the stuffing well together and fill the peppers. Lay them in a baking dish, pour over them any good stock (or water, no stock is handy), dredge with flour and bake thirty minutes in a hot oven. Serve hot.

Blackberry or Huckleberry Pudding. Heat a half cup of sugar, add one or two tablespoons of butter, three of sugar, two eggs, three gills of milk half teaspoon of salt, one-fourth of a nutmeg, one pint of berries. Cut the bread in thin slices and spread it with butter. Lay a baking dish with the bread, sprinkle thickly with the berries, put in another layer of bread, then the remainder of the berries, and do this until the berries are used. Add sugar and salt together, and nutmeg, then add the milk and pour this custard over the bread and berries. Steam for one hour, or bake in a hot oven for forty or fifty minutes, if inconvenient to steam it. If baked in the oven, cover over with a plate. Serve with hot sweet sauce.

To two quarts of juice add one pound of granulated sugar, one-half ounce of cloves, one-half ounce of cinnamon, one-half ounce of nutmeg. Boil twenty minutes, and when cold add one pint of good brandy. This is a splendid medicine in case of dysentery.

For invalids and delicate children beef tea is sometimes relieved of its monotony by being made into a custard. Beat up the white of one egg with the yolk of two; add a pinch of salt and a wine glass of beef tea, and either steam or bake in the usual way for custard. This is a most nourishing food, and is a great favorite with children.

One and a half cups of white sugar, one-half cup of butter, a generous half cup of milk, two and a half cups of flour, two teaspoonfuls of baking powder, beaten whites of two eggs. Flavor with vanilla. Bake in one tin one hour and add to it five tablespoonfuls of grated choe-

FASHION'S NEW FADS

ONE OF THE PRETTIEST IS FOR LACE AND RIBBON.

New Styles in Teagowns—Sashes This Season if Fashionable—Are of a Different Shade Than That of the Dress—Charming Mantles and Jackets—The Indications Are That the Craze for Bright Colored Linings is Past.

NEW YORK, Aug. 7.—The latest fad of fashion is both sensible and economical as well as charming. It is lace and ribbon trimming. Not that this sort of trimming is in use for the first time, but it is the initial occasion when it has been declared the thing to use. Such dainty effects are obtained with it and it can be carried out to advantage by people whose purses are either long or short. For the summer girl it is particularly excellent, inasmuch as when properly contrived it imparts exactly the fluffiest effect so dear to the heart.

In spite of the fact that the tariff on silks has been raised it is the one thing that the women know about the new tariff bill—silks have never been cheaper than they are now, and particularly the plain and figured silks known as Chinese, Japanese and Indian. It is to these perhaps that the lace and ribbon trimming forms the most charming garment, but it is well to remember also when speaking of this combination that both are as appropriate for winter as for summer, and therefore exceedingly economical, especially in the form of a teagown. Its style does not change, and so a summer bargain in silk and trimming is just as good for midwinter as for the first time.

Fifteen yards of twenty-two-inch silk will suffice for a tea gown having a Watteau back and full front, and a yard and a half will do when this broadly plaited back is not used. The first of two very pretty gowns in this style is simply a close princess, with a demi-train, and the upper part of the front shirred at the neck and again at a point below the waist line. A bertha formed of six square tabs, wider over the shoulders, is edged with lace and inserted, and the collar corresponds. Collar and belt are of ribbon. The sleeves have a puff at the top, an elbow ruffle and are trimmed with lace at the wrist.

Soft woolen goods, such as cashmere, would also be very effective for this purpose, particularly with lace and ribbon or velvet trimmings. The second teagown, of China silk, has a separate Watteau back or train and loose princess fronts, shirred in a tiny square yoke at the neck. This is outlined with a larger yoke effect of lace inserting and edged with lace, forming scarfs, extending to the belt of satin ribbon. There is a full ruche of lace around the throat and at the wrists. The sleeves are full at the top and have deep cuffs of the lace to correspond. Both the gowns described are of plain silk, but figured material is also used with good effect.

The most charming garment, and one which is being worn by many, is a horizontal band on the skirt, the sleeve being tucked at intervals all the way down. Many blue drills are made in this style, and many more take the form of a full blouse opening down the side and middle.

At the center of the top in front of very elegant broadened silk or satin corsets is a large rosette of satin baby ribbon matching the prevailing color in the corset.

Petticoats for wear under gowns of linen, lawn and lace sheer goods are made of dotted line with deep Spanish flounces.

Lawn petticoats are trimmed with lace-edged or plain ruffles of the goods. Instead of skirt binding, a narrow plaited silk frill may be adjusted at the foot of skirts of canvas or other light-textured goods.

Yachting dresses of white serge are very smart. If made with a sailor blouse, which is a feature of the dress, many of its gill buttons may be included among the accessories. Narrow gill braid may also trim the gown.

Braided uniform buttons may be sewed at the back of the waist and below the revers of a blue serge or cloth Eton jacket. Unique, yet stylish as a trimming, is a band of white ribbon, which may be applied above the hem of the skirt, another over the belt and a third on the sailor collar or elsewhere on the waist.

The Queen of Italy is called the most "queeny" queen of Europe. She is fond of stucco and mud, has done much for the arts and is well beloved by the people. In summer time, when she goes for a holiday, she drops coronas, and becomes the Margaret of Savoy, wears light summer gowns, goes for long walks alone, and enjoys herself as would any other woman of fashion.

Miss Helen Gould has six bicycles at her country place at Irvington, on the Hudson, for her own use and that of her friends. Miss Gould rides in a short skirt, a waist of the same material and an Alpine hat. She never rides on Sunday.

Two Japanese girls, Hisa Narano and Matsui Sakaki, are at present serving as trained nurses in Chicago. They intend to study medicine and then return to Japan to found a hospital on the same plan as those in this country.

It is said that a piece of camphor gum is a good indication of what the weather is to be. If, when the camphor is exposed to the air, the gum remains dry, the weather will be fresh and dry; but, if the gum seems damp, it is an indication of rain.

In summer salt is likely to be affected by dampness, and then becomes hardened. If a teaspoonful of corn starch is mixed with each half dozen teaspoonful of salt, it will not be affected by the temperature.

SOME VALUABLE RECIPES.

Menu for the Post-Intelligencer.

Do nothing but eat, and make good cheer. And praise God, for this plentiful year.

BREAKFAST.

Fresh Fruits. Calves Liver, with Bacon. Green Peas and Tomatoes. German Coffee.

LUNCHEON.

Sardine Sandwiches. Cheese. Hot Biscuits. Fresh Raspberry Jam. Home-made Ginger Bread.

DINNER.

Mutton Broth, with Rice. Breaded Veal Cutlet, Tomato Sauce. Escalloped Potatoes. New Turnips, filled with Peas. Corn on Cob. String Beans. Cabbage Salad. Blackberry Pudding, Strawberry Sauce. Ices. French Coffee.

Turnips Filled With Peas.

Cut a slice from the bottom of five or six turnips, pare and boil them until tender; drain, and with a small spoon scoop out the inside, leaving a wall of turnip an inch thick; fill each cup with well seasoned peas, either fresh or canned ones.

Tomato Sauce.

To one pint of cold cooked chicken, beef or mutton, add one scant teaspoonful of salt, one-fourth of a teaspoonful of onion, beaten whites of four eggs; stir carefully until you have all the meat moistened, then roll the meat into tiny balls and drop in boiling water and cook until they come to the surface of the water. Serve with a cream sauce.

Sardine Sandwiches.

Mince two hard-boiled eggs and a handful of cream, and mix with two spoons of mayonnaise. Butter this slice of bread, brown bread, spread with this mixture, lay a layer of onion, sliced and halved, join the slices and cut into halves.

Sliced Tomatoes.

Select smooth, ripe tomatoes; drop them into boiling water for one minute, then in cold water. This will make the skin come off easily. Put them on a platter in a cool place, on the ice if possible. At serving time cut them in slices and place on a cold dish. A cooked mayonnaise with a gill of cream added is an addition to the tomato if desired, but it can be omitted and served plain or with vinegar, sugar, salt and pepper.

Stuffed Peppers.

Choose green peppers of even size, and round rather than long shape. Cut off the tops, remove the seeds and veins, cover them with boiling water for forty or fifty minutes. Drain them, and fill with a stuffing of bread crumbs and any cold meat or chicken minced fine, a chopped tomato, salt and pepper to taste, a heaping tablespoonful of butter, a little parsley, one egg and a teaspoon of salt. Mix the stuffing well together and fill the peppers. Lay them in a baking dish, pour over them any good stock (or water, no stock is handy), dredge with flour and bake thirty minutes in a hot oven. Serve hot.

Blackberry or Huckleberry Pudding.

Heat a half cup of sugar, add one or two tablespoons of butter, three of sugar, two eggs, three gills of milk half teaspoon of salt, one-fourth of a nutmeg, one pint of berries. Cut the bread in thin slices and spread it with butter. Lay a baking dish with the bread, sprinkle thickly with the berries, put in another layer of bread, then the remainder of the berries, and do this until the berries are used. Add sugar and salt together, and nutmeg, then add the milk and pour this custard over the bread and berries. Steam for one hour, or bake in a hot oven for forty or fifty minutes, if inconvenient to steam it. If baked in the oven, cover over with a plate. Serve with hot sweet sauce.

Beef Tea Custard.

For invalids and delicate children beef tea is sometimes relieved of its monotony by being made into a custard. Beat up the white of one egg with the yolk of two; add a pinch of salt and a wine glass of beef tea, and either steam or bake in the usual way for custard. This is a most nourishing food, and is a great favorite with children.

Marble Chocolate Cake.

One and a half cups of white sugar, one-half cup of butter, a generous half cup of milk, two and a half cups of flour, two teaspoonfuls of baking powder, beaten whites of two eggs. Flavor with vanilla. Bake in one tin one hour and add to it five tablespoonfuls of grated choe-

Linen Lawn Dress. The Skirt of This Dainty Gown is Gathered to a Round Yoke-Shaped Piece Formed of Insertion. This is Worn Over a Foundation Skirt of Taffeta. The Corset Has Flat Tucks and a Yoke and Corset of Lace Insertion Sewed Together. The Sleeves Are Formed of Tucks Alternating With Insertion. White Straw Hat Trimmed with Daisies and Ribbons. Child's Dress of Batiste With Sarah Sash.

TOPICS FOR WOMEN.

BRIGHT AND CHEERFUL THOUGHTS MAKE A BEAUTIFUL WORLD.

A Warning Against Too Ready Credence of Gossip—Fruit is Not Only a Luxury, but a Great Aid to Health and Beauty—The Effect of Various Foods Upon the Body—A Prose Poem on Cucumbers.

Learn to link the every-day happenings with bright and cheerful thoughts. Get into such a frame of mind that a rosebud will suggest to you that God has made the world beautiful for your sake, not that the beauty of the flowers fades and passes away, leaving the reminders of their beauty daily worn, not with its inevitable ruggedness, but with the joy of attainment and success. Even the fluttering wings of Death's angel should bring up a picture of the splendors of heaven, instead of the shadows of the grave. We cannot long be cast down and despondent if we learn to recognize the sweet suggestions in all that takes place about us, and to accept our trials and temptations with coming joy.

As we grow in years we learn to accept with caution what is common to the gossip, whether it be good or bad, having faith in our sorrow that one of the rarest traits in old or young is the ability to report a thing exactly as it occurred. The habit of exactness is as desirable in society as it is in business life. We may not be able to see the innumerable of any soil, but we may control our imaginations and make it the rule of our lives to believe good of others until bad is proven, repeating no evil except the safety of others requires it. The motto of a child are given into the hands of its mother to train. She must train him to be truthful, to be exact, to keep the spirit of the golden rule, to the thinking of others as he would have them think of him. She may make of her children happy optimists who will find good everywhere, and make the whole world better. Mark Twain once wrote: "If you can't think of a child in the way he should go, you must occasionally go that way yourself."

Each year people grow to appreciate more and more the value of fruit, and eat it, not as a luxury, but as a staple article of food. Fruits are nourishing, refreshing, appetizing and purifying, and consequently have a beneficial effect on the health and the complexion. Grapes and apples are highly nutritious. Grapes usually agree with the most delicate persons, for they are so easily digested. Nothing is easier to digest than a baked apple, taken with or without cream. Oranges, lemons and lime are of great value as a means of improving the complexion, and they are especially good if taken before breakfast. Ripe peaches are easy of digestion and are fattening. Nothing is better to enrich the blood than strawberries, which contains a larger percentage of iron than any other fruit. Fruit with firm flesh, like apples, cherries or plums, should be thoroughly washed, and the seeds are difficult to digest. Never swallow grape seeds. Care should be taken to remove all impurities by thoroughly washing the grapes. Strawberries, which are especially good, should never be eaten, and very acid fruit should not be taken unless the person has vigorous digestion.

All those who wish to increase their weight must eat any amount of fruit, vegetables, cream, butter and things of a similar description, combined with plenty of sweets; while those who are afflicted with indigestion, flatulency, or must restrict their diet principally to lean meat, very little bread, no potatoes, only a few green vegetables, and they must drink little liquid, and eat very fat-tasting tendency.

At this season everybody welcomes the cucumber. This vegetable-cultivated since the days of Noah, and at various times had much prejudice hurled at it, but still it remains, and is enjoyed by all.

According to Pliny, the Emperor Tiberius was so fond of the cucumber daily, both in summer and in winter. These warm days a crisp, fresh cucumber, sliced thin and placed in a bowl or on a plate, and covered with bits of cracked ice, is a suggestion of coolness, and it makes a delicious salad. Of course, some make the mistake of putting vinegar over them. This not only kills them, but it makes them unpalatable. Eaten with salt, they are perfectly harmless—in fact, beneficial. Fried cucumbers make a very palatable dish. To prepare them, slice them in thin slices, and sprinkle with salt and pepper. Dip in lightly beaten egg, roll in flour and fry hotly in very hot fat, placing but a few minutes in the frying pan. Serve hot. They have much the taste of fried oysters.

Cucumber salad is simply made thus: Pare the cucumber, and lay them in a bowl in ice water one hour. Do the same with one onion in another bowl of ice water. Then, when ready to serve, slice and arrange on a platter. Dress them with one-fourth tea cup of vinegar, one-half teaspoon of salt, and dust of pepper. They are delicious served in this way, or with a few slices of ham in salt and water, as that will taste.

The best way to save the wear of washing and ironing is to wash the clothes in the laundry. When the things are washed it is such a comfort to have them all mended ready to put away. Besides, the patch always looks neater when washed and ironed.

There are some housewives who object to mending soiled clothing. In that case articles that need a few stitches, should be sorted as they are ironed, so that they may be ready whenever an opportunity offers for doing the work.

With Fried Fish or Pork. Here is something very nice to eat with fried fish or pork. Take a few common crackers and split them open. Then dip in milk just enough to soften through, roll them in Indian meal and brown the same as fish. When they are nicely browned, dress them a little butter and salt and pepper.

A little Boston girl about 4 or 5 years old was sitting on the sidewalk, and she fell with great force on the stones. A lady passing picked her up, and said kindly: "You poor little mite, how did you fall?" The tiny child looked up into her face, and with the tears streaming down her cheeks she sobbed: "Vertically, ma'am."

AT HIGH TIDE. The breeze blows fresh o'er the bay. Her waters gleam bright in the sun. And purple and azure and gray. And the tide is high. And the tide is high.

What buoyancy breathes in the air. As the sun mounts the throne of the day! How new little mite, how did you fall? Sea gulls in their slow glacial play. When the tide is high.

When high tide with moon now as I go Where the ripple is that murmur low, And o'er the blue water's expense, From-creeper to creeper, they are free. Of a creature from thralldom set free. And 't would, on I would, thou wert rich. This morning—the tide is so high!

—Hermione E. Newell.

Vells to be worn exclusively with walking hats have very deep borders.

A SUMMER IDYL.



HERE AND THERE. To dry flowers that they may keep their color may be done by an old and tried way. They are placed erect in a box, deep enough that their tops will not extend beyond their own level. Besides, the tenders should be placed around them until they are covered, when the box should be placed in a slow oven, subjected to a steady heat for two or three days. At the end of that time they will be dry, and still retain their original colors.

Japanese Girls as Nurses. Two Japanese girls, Hisa Narano and Matsui Sakaki, are at present serving as trained nurses in Chicago. They intend to study medicine and then return to Japan to found a hospital on the same plan as those in this country.