

**'Tis Glorious
To Live Long
And Well**

A FRENCH writer of the name of Asgill somewhere speaks of the lack of steadfast will power in the human race. He goes so far as to say that with sufficient will power man might even overcome the "cowardly habit of dying." I believe he himself, however, at last succumbed to that cowardly habit in spite of his dictum. But the dictum contained truth to this extent: Undoubtedly steadfast, trained will power will help us to prolong life and also to overcome many of the evils now held to be inseparably joined to life.

It is not luck or even heredity that has enabled Mrs. Julia Goodman, an English artist, to be a beloved and useful member of the working world up to near the age of ninety-one, which she will reach next November. Luck she never had. In 1836 she was married to Mr. Louis Goodman, who years afterward became a helpless invalid and remained on her hands to be supported till his death in 1870. He did not become an invalid till several children had been born to the couple, however—worse luck!—and, in addition to the maintenance of her husband, Mrs. Goodman had these to rear and educate all alone.

Heredity was indeed in her favor. She had in her veins the vital, tenacious Hebrew blood whose possessor seldom gives down and whines. But heredity alone would have availed little except to enable Julia Salaman Goodman to linger long in a poorhouse. She had noble artistic gifts also and a wise common sense; best of all the indomitable will that thus far has kept her from yielding to the "cowardly habit of dying."

Julia Salaman was one of a family of twelve children, all of them uncommonly gifted. Their parents educated them in a practical manner. Julia ran naturally to painting. She had the best teacher of the time and adopted portraiture as her specialty. When she was thrown on the world with a husband and children to support, she naturally and easily took up again the beloved art which had been her entertainment in her fortune favored years.

From that day to this her life has been one of incessant labor—not grudging, slavish toil, but cheerful, happy tasks, so happy that you can fairly hear the joy bells ringing their accompaniment down along the years all the way. Mrs. Goodman has naturally strong power of concentration and she has cultivated it till it is enormous. These are the things that have made her and kept her—noble intellectual gifts, a strong love nature and a



MISS JULIA GOODMAN.

splendid will power. Now at ninety she paints and does needlework without glasses, only occasionally using a magnifying glass for a few of the more delicate strokes of her brush. Who, man or woman, can equal such a record?

Mrs. Goodman has painted more than a thousand portraits. Nearly or quite fifty years ago she began exhibiting her work in the Royal academy, and she has kept it up ever since. She has painted scores of the notable persons of Great Britain. She has also met socially most of those who have helped make English history in the past two generations. She has lived with her working and enjoying faculties unimpaired while five British sovereigns ruled and four of them passed away. George III. was king when she was born; she witnessed the coronation of George IV.; lived and wrought while William IV.; then Victoria, reigned and died—Victoria was seven years younger than Mrs. Goodman—and now, in full possession of her artistic powers, the marvelous woman yields allegiance to King Edward VII.

It is not for the old girls that I have been at pains to trace out this life story, not for those ancient females who have let active life slide from their grasp and now sit in a corner and "take things easy." These are past praying for. It is for the young girls I write, those of fourteen and upward. There is no woman in England more honored than ninety-year-old Julia Goodman.

Girls, most of you will live to be old. Will now that you are going to, anyhow, for it is a priceless privilege to stay here and keep learning something all the time and giving loving service to others. Stay here so long as you can, be as beautiful as you can all the time, love, serve and learn all you can. Above all, train your will to be strong and steadfast toward any worthy aim you desire. And that is the moral.

AMY Y. LYON.

IN THE HOME.

Order, Punctuality and Beauty Oil the Wheels of Life.

Home should be an oratorio of the memory, singing to all our after life melodies and harmonies of old remembered joy.—Henry Ward Beecher.

It cannot be denied that consciously or unconsciously we absorb into our nature the beauty or ugliness of the outside objects with which we daily come in contact, and that in process of time the impression seeks an outlet by way of our features or words or actions. The result is scarcely surprising if we give the question a moment's thought.

Order and punctuality are two great rules to which every well ordered household must of necessity submit. They are of inestimable benefit in oiling the wheels of life, preventing as they do the worry incurred by loss of time, which brings in its train wrinkles to the brow and harsh words to the lips, even if it be fortunate enough to bring nothing else.

The arrangement of furniture, china, books, etc., should be regarded from an ethical point of view as well as from the artistic one. Like the golden sunlight, artistic, cheerful surroundings stimulate the mind besides pleasing the eye. For instance, a wall paper of softest yellow involuntarily sheds its comforting glow on the mind, while one of a deep gray or dingy brown hue depresses the spectator. Human nature craves light and warmth, though the expression of its desire may be subject to a variety of tints and degrees. Crowded rooms seem to cramp minds as well as limbs, and unmeaningly somber apartments would fain draw over our eyes that blue veil ever ready to fall as the years silently advance.

The good order of a house is like contentment on a placid face, but fairy fingers are required to endue it with the beauty of attractiveness. It is not given to every one to realize the truth of these two facts, judging from the many homes in which one is struck by the dust of neglect, the uncomfortable arrangements or inartistic colorings. As we gaze we pity the inmates who are so unmerciful to their own minds.

It should be remembered as an important item in the decoration of the abode that cleanliness, purity and love, embodied in the fragile forms of flowers, visibly waft a message from the paradisaical home of our first parents. The rooms are filled with beauty and sweetness as they "pour out their souls in odors." A woman in a well appointed home has a much more attractive personality than a woman who takes no care of the province chosen of all others to be the setting of the jewel that may lose its own luster through the dimness of its background.

It is not necessary to go to unjustifiable expense by procuring the softest carpets, the richest hangings or "priceless" pictures in order to have a bower of delight. There must be, however, on the other side, an artistic eye, a skillful hand, an observing mind and a due appreciation of the beautiful.

Poverty and ill health are naturally great deterrents to the energies of women who, imbued from their girlhood's days with the love of daintiness, desire their homes to resemble their early ideals. They feel at times that they cannot strive and contend with fate against that which is even repellent and sordid. So many cares have arisen that all the charms that were never to be lost have been merged into the up bringing of a numerous family and the down bringing of the weekly accounts. Yet if courage for the effort can be summoned the achievement helps to restore the strength to wearied limbs and the light to anxious eyes.—Leslie Desmond.

Soaking Soiled Clothes.

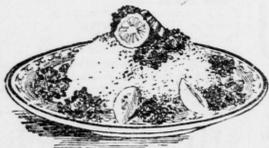
It is not well to soak clothes in anything but hot, soapy water. Soiled clothing should not lie in this longer than an hour. The immediate action of soap is to combine with the dirt and render it soluble. Within a short time another compound is formed which is harder to remove. Clothes soaked over night have when dry a dead, unpleasant smell.

Eye Troubles and Health.

The long continuance of eye troubles may be the unsuspected source of insomnia, vertigo, nausea and general failure of health. In many cases the eye trouble becomes suddenly mischievous owing to some failure of the general health or to increased sensitiveness of the brain from moral or mental causes, says a physician.

A Nice Arrangement of Codfish.

Have ready a pint of fresh codfish cooked, freed from skin and bones and separated into flakes. Prepare a white sauce of two tablespoonfuls each of butter and flour, one-fourth teaspoonful each of salt and pepper and one cupful of rich milk. Beat into the sauce the fish and one pint of well washed and seasoned potato. Add but-



PYRAMID OF CODFISH.

ter as for the table. Shape the mixture in the form of a pyramid on a serving dish that will stand the heat of the oven. Brush over with beaten egg or with melted butter and then sprinkle with breadcrumbs and brown in a hot oven. Garnish with parsley and hard boiled eggs cut in quarters. Salt codfish picked in pieces soaked in cold water over night and heated barely to the boiling point may be used for this dish.—Boston Cooking School Magazine.

DRESS AND FASHION.

INDIVIDUALITY AND SOME OF THE NEWER FINE STYLES.

The Woman Who Regulates Her Own Appearance—Vienna Fashions Exclusive and Handsome—Costume For Spring or a Sunny Climate.

Individuality is becoming a big factor in dress. Few women belong completely to any one type of appearance and the average woman tends decidedly of late toward studying herself. She decides how she means to look and how she can turn her good points to best effect. There are plenty of styles which



SPRING GOWN WITH SACK COAT.

she may model herself on or get fresh ideas from. Vienna fashions, for instance, are beginning to be talked about in the same breath with those of Paris. The first cut affords an example which, well carried out on a suitable figure, should be unique and handsome.

This Vienna spring gown, with its sack coat, is in gray sable cloth. The straight front of the skirt buttons over the bias circles, round the sides and back, formed of velvet. The pelerine fronts are turned back and incrustated with guipure. The bolero hat is of fine



A COSTUME FOR THE SOUTH.

gray straw, with cockades of erise velvet and a white lace veil falling behind.

The foremost styles of the modistes at this season are for the travelers to and dwellers in sunny climes. A pretty specimen of these is shown in an almond colored veiling set off with fancy bands and heavy tassels in oriental tints. The berthe, collar and cuffs are of plaited silk muslin edged with guipure work. Flowers and ostrich plumes in soft colors trim the lace straw hat.

AMY VARNUM.

Egg Lore.

"Hot water makes an omelet much more tender than milk," says a cooking school teacher. "and if you want to make one which suits a small family use invariably the rule of one egg to one tablespoonful of liquid."

"In making boiled custard you must be very careful in watching that it does not curdle. It ought to be taken from the fire immediately on beginning to thicken."

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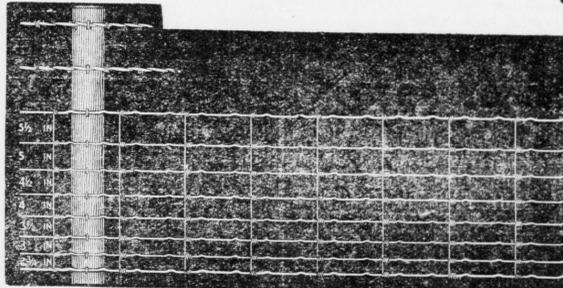
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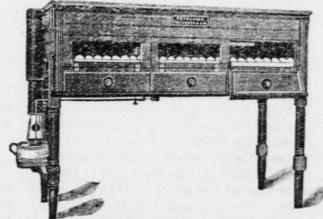
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