

FOOD FOR FINGERS.

Fashion Prohibits the Use of Forks For Certain Articles.

There have always been certain articles of food for which the use of forks, etc., seemed superfluous, and for which fashion permitted the use of fingers, even in the most particular dining, says the Boston Herald. Occasionally new dishes are added to the list to which the old-time expression applies—"Fingers were made before forks"—and it is generally understood that, in spite of the ever-multiplying variety of forks, tongs and spoons for use with every conceivable object on the table, there are certain edibles which it is far better to eat with the fingers.

While a few independent people dare set aside the fashionable proprieties, many others will do as they know they are expected. As a rule, sugar tongs are passed with black sugar, but, as a diner out once said, "I prefer to use my fingers, for if you are not just so careful it drops with a splurge, which is very humiliating."

Oysters should be eaten with the fingers; any attempt to use a fork is foolish. When passed they should be dipped out with the spadelike spoon accompanying, then dropped on the bread and butter plate and carried to the mouth with the thumb and forefinger.

Bread, toast and all kinds of small cakes should be taken in the fingers, as well as cheese, though some very particular people use a fork with the latter.

At the most fashionable luncheons high-bred dames may be seen taking the egg and small pieces of a bird in their fingers, though this is one of the disputed points. It will be noticed usually that those who have always been accustomed to good society are not so afraid to use their fingers as those who fear to do something improper.

Ben's Bright Idea.

"Children," said the mother of the family, opening the door of the nursery and looking in, "what are you doing to Puggy that makes him yelp so?"

"Ben's been using the curling tongs on his tail to make it curl tighter," explained Eunice.

A Suggestion.

Harper—And how are you two getting on together?

Hornbill—I've tried everything to make my wife happy, but it seems no use.

Harper—You haven't tried suicide yet?—Brooklyn Lite.

His Impression.

There are no poets left," said the critical youth.

You astonish me!" rejoined Mr. Cumrox. "It has always been my impression that poets invariably got left in business transactions.—Washington Star.

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The cream of a story is not to be obtained by skimming over it. So 28

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CONSUMPTION



BENEFITS OF PHYSICAL CULTURE.

Miss Berenson of Smith College, Says It Makes Girls Happier.

Miss Senda Berenson, instructor of physical training at Smith College, in speaking of the benefits women derive from health culture, says:

If the higher education of woman means anything it means the developing of powers in different directions. It means not only the education of the mind, but the development of all the faculties. Since women have already enlarged their sphere of activity to such a wonderful degree, yet seem only at the threshold of their possibilities, they need health and strength and endurance more than ever before to more readily meet the demands of their life work. Although physical training is still much neglected in some quarters it is gaining ground rapidly as a dignified and necessary part of any serious scheme of education.

The physical training department at Smith College aims to be an aid to the academic department. It does not aim to make athletes or physical specialists; it does not encourage athletics or gymnastics for their own sakes, but it devotes all its energies to increasing the general health of the average student, developing naturally strong and harmoniously developed bodies, and "making the body as perfect a basis as possible for the intellectual activities."

A feature that was introduced three years ago and is proving very successful is that of medical gymnastics. Students who are below the average health, who have anemia, delicate heart or lungs; those who have slight curvature of the spine or any other asymmetrical development, take up the work specially adapted to their needs. It can be said with truth that—excepting students who are weakened by illness, every one gains by physical exercise—a number show remarkable gains.

The greatest gains are made in back, legs and lung capacity. The girth of chest is often increased three inches. One measurement of interest shows that the depth of chest is always increased, while the depth of abdomen is decreased. This demonstrates that the training brings about better carriage and poise. Charts of working capacity are given to all students who desire them, and prove a great source of help and encouragement both to instructors and pupils.

Although the all around educational gymnastics are always emphasized, athletic and outdoor exercises are encouraged as much as possible. The department discourages the idea so prevalent among many people that athletes only are necessary for physical development. Its aim is to have the athletics and gymnastics supplement each other.

Basketball is by far the most popular game at Smith, and is a most valuable one not alone from the athletic point of view. Women are physically timid, have no self-reliance, are still rather self-conscious and personal.

Team games—where the individual is secondary to the team; where fair play, earnestness of purpose and the ability to give one's best for the good of the cause are developed; where a slight element of physical danger comes in—are especially valuable for the college woman, who is expected to make herself felt in whatever calling she may take up. Basketball, more than any other game women play, develops just such traits of character. It is played with modified rules, which eliminate unnecessary rough and dangerous playing, yet preserve hard playing, rapidity and interest. The fear that athletics will make women masculine is unfounded, wherever the spirit of athletics is carefully guarded.

The work of the physical training department would seem to prove that the college girl is healthier, happier, stronger, more beautiful and a much more normal individual because of it.

She is much less hysterical, more less given to "crushes," and more ready to deal sensibly with heavy responsibilities. It would also seem to prove that if a student has a fairly good preparation and is not too stupid, she need not break down in college; on the contrary, she will leave it stronger physically as well as mentally.

The Empress of China.

A correspondent of the London Mail, writing from Pekin, describes an interview granted the wives of foreign representatives with the Dowager Empress of China in the following words: In the reception hall the Dowager Empress, a benevolent-looking old lady of sixty-four, and not at all the relentless virago she is commonly depicted, was seated on the raised dais, and on a slightly lower seat sat the Emperor, who looked more cheerful than usual, but was evidently in very feeble health. After the formal reception the ladies were conducted into an adjoining room, where tea and refreshments were served, and soon after the imperial pair came in and mingled unceremoniously with their guests, saying a few words to each and shaking hands.

Every time the Dowager Empress made a remark her Chinese interpreters fell prostrate on the ground. Young Prince Pachun, a well-grown, strong and healthy-looking boy of fourteen, who has been recently selected as a successor to the throne in default of a direct heir, was brought forward and introduced to the ladies, whom he saluted by suddenly throwing out his hand at right angles on a line with his face, probably his idea of shaking hands.

The Dowager Empress presented each lady with a pearl ring and some mandarin brocades, and each of the Chinese secretaries received four rolls of silk.

Chiffon and Shirt Waist.

Many of the bodices in light fabrics are pouched slightly at the back, after the fashion of three or four seasons ago, and when upheld by a deep set, it is a becoming style. Accordion-knit flounces are another revival,

and little, flat, fichu-like collars are ranged around the shoulders prevail among the new blouses as well as the gowns, while raised embroidered knots of silk form a charming trimming. For instance, on an exquisite blouse the white chiffon bolero, applied with delicately embroidered wild roses, is finished with bands of black velvet embroidered with knots of pink silk, and the under bodice of tucked white chiffon is stitched with pink and striped with the knotted velvet. Another soft, fancy shirt is of white chiffon, wholly unadorned except for the sprays of red roses with which it is painted. Every ambitious woman aspires to a lace shirt waist nowadays, and a particularly splendid example is of Brussels lace with a wee bolero of cream guipure applique, with motifs of deep yellow lace spangled with silver and coquie pearls. The neck and sleeves are transparent. Tucked pomegranates trimmed with lace makes cool and useful blouses, and very old and stylish are skirts of white silk with black panne applique, embroidered with cream thread and insertions of guipure lace.

Log House Built by Women.

Kear the border of Moosehead Lake in Maine is a picturesque little log house, built by four women. They sawed their own lumber, selecting spruce trees with their pretty bark a the most even and attractive. It took eighty logs to complete the house and the women went logging every day for six weeks to get them. The flooring was of boards and the chinking or filling in the cracks between the logs which formed the walls, was done with a tough moss obtained from around the roots of old trees and rocks, and hammered into place.

A complete little desk, with a drop front, pigeon-holes for documents and everything handy and complete inside was in the rough; the table was smooth on top and had the rustic finish on the sides, while the chairs were formed into inviting and comfortable armchairs by means of gnarled branches and roots, which curved sufficiently to give the required easy chairs and sofa. A bookcase was also finished in rustic style. For the porch they made a large easy chair, and the horse block for dismounting from a horse or carriage was made of one piece of the trunk of a large tree, with high supports formed from little saplings.

Summer Skirts.

The skirts fit, if possible, more closely than ever around the hips. This is spite of all the tufts and pleats that are in fashion; they flare, however, more than ever around the foot, and are finished inside with quantities of ruffles and flounces.

The same rule applies to the thin materials as to the cloth and heavier goods, for the idea has to be carried out to have everything as straight up and down as possible, and the slender figures are considered vastly smarter than the stouter ones.

Which is rather a paradox in view of the fact that flat trimmings are more becoming to rather stout figures. When the flounced skirts are worn the flat effect, of course, is more difficult to obtain, but there is not one inch more fulness in the flounces than is necessary, while the skirt upon which they are sewn fits closely to the figure, and is made over a lining that fits more closely still.—Harper's Bazaar.

Little Miss Simplicity.

The fair maid looks her best going to church by the side of her mother dressed in the plain, well-ordered costume that is sometimes mislabeled her "Sunday best." The mother knows that the church is not the proper place for a display of mundane finery, so the plain damsel is dressed in her plain white lawn with bodice tucked up and down beneath the wide, semi-circular yoke of embroidery. A simple blue sash matches the child's hair ribbon. Her hat of white straw is simply trimmed with 'nots of black velvet, narrow ribbon and a mass of forget-me-nots, making the front of the brim fairly curl over with the blue beauties.

Beneath the lawn skirt you will get a glimpse of black ribbed stockings and black kid shoes.

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