

# OF INTEREST TO WOMEN

## NIGHTCAP DRINKS.

"Never go to bed chilly," warned a physician. "There is always hot water to drink when everything else fails, and that will do the work of warming up the stomach and sending a glow through the whole body. You can do better than plain hot water; keep a small bottle of capsicum at hand, and eight to ten drops of that in a cupful of sweetened water makes an admirable nightcap. More than that quantity would be unpalatably hot for most tastes. Hot milk is an ideal bed-time beverage and so is malted milk, beef tea or cocoa. Many a woman finds that something warm in the stomach means a good night's rest, and it would be the acme of silliness to neglect it."

## ABOUT THE INAUGURAL BALL.

Writing on "Our Inaugural Balls," in the *Deliberator*, Catherine Frances Cavanagh concludes with this paragraph of advice: "To the thousands all over the country who read accounts of the inaugural ball in their home paper, many with heart-burnings and envy of those who could and did attend, I would say: 'Don't! It is not worth it! It is a most public affair, which any one who can pay the price of entrance may attend. You may go dressed to be seen and to see, and accomplish neither because of the great crush. Do not let the plea of wishing to see the President be your excuse, either, for every new executive gives those who would wish him well the chance to do so at the White House during the week of his inaugural.'"

## CAPE AGAIN ACME OF FASHION.

Capes of all descriptions, all styles, all lengths and all colors and materials are again the acme of fashion, and smart women have taken to this revival in good faith, trusting the art of the modiste and tailor to give them perhaps just a bit of style which capes or loose coats have not had before. Some of the most elaborate evening wraps are cape wraps, and never before have such beautiful garments been turned out without the least pretext of fit.

Cloth is used for the more severe of these capes, and some stunning studies are shown in the various shades of tobacco brown. For opera wear these garments are evolved from chiffon velvet, which pleats with remarkable softness. A charming example shows rose pink velvet with a chenille collar and a band of exquisite Irish crochet lace in deep points headed by tiny ruchings of the velvet. There is a shallow poke which insures a smooth fit over the shoulders, and to this a sleeve cape is applied in deep shirings, so cleverly that the presence of the sleeve is not noticed until the arm is raised.

## HAIR AND ITS CARE.

The head and hair should be thoroughly clean or the locks will grow scant and lifeless. Long hair should be washed once a month, oftener is not necessary. Short hair may be washed every week; it dries quickly and no harm is done. The use of soda, borax or ammonia in washing is a fault. They change the color, the roots are injured and the fibres grow brittle and lifeless. To remedy hair splitting, the ends should be singed every six weeks to seal up the brittle, hollow tubes, and if the hair is uneven, roll it in small twists and singe these the entire length to catch all ends.

A certain amount of dandruff is an indication that the system is in a healthy condition, and is performing its proper functions. The small, colorless particles that gather where the roots of the hair end in a soft pulp are but the impurities thrown off from a healthy skin. To prevent too great a waste and an unpleasant amount of dandruff, the head should be occasionally washed with a solution of one handful of salt in half a pint of rain-water. Rain-water is the most efficacious tonic in the world and the best soaps are tar and castile. Applications of the salt water keep the hair from falling out.

Too much use of the comb at the toilet is not desirable, as the scalp is tender and the sharp teeth of the comb irritate it. Firm, steady strokes of the brush are far better.

The use of a hot iron on the hair is injurious, though one moderately hot may be used daily, with no other effect than to give it a soft gloss. A fairly large brush should be used, neither very hard nor soft, with bristles long enough to go through the hair, not over it, reaching to the skin itself, and so invigorating the scalp. The hair should be divided in halves, and brushed carefully and well for at least ten minutes, night and morning. Hair brushes may be cleaned by dipping the bristles into very hot water, and plunging them immediately afterward into cold to prevent them from

softening and loosening. Use ammonia in the water if necessary.—Newark Advertiser.

## MRS. CLARK'S PERFUMED BATH.

When that massive pile of ugliness in Fifth avenue is finished and Senator Clark takes up his residence there, his young wife will have the most luxurious bathroom in the world. It will excel in its appointments the most sumptuous baths of the early Romans, and beside it the bath of the modern Oriental—which is a good deal more of a fable than a fact—with pale into significance. Onyx, alabaster and the finest marble ever quarried enter into its construction. There are showers and needles and plunges, and the water will be filtered and will be as pure and clear as crystal. But the one novelty Mrs. Clark will possess, which even Caesar did not enjoy, will be an ingenious arrangement of tiny faucets, from which rare perfumes may be drawn and the water impregnated with their sensuous odors. She may bathe in softened water which exhales the scent of the geranium, or the violet, or attar of roses. The idea is a new one and is the invention of a Pittsburg genius who got carte blanche to design the most luxurious and artistic bathroom in the United States.—New York News.

## BOUDOIR CHAT.

London is said to have five women builders, seven women house painters and two women architects.

A celebrated and charming actress, whose age it would be rude to chronicle, but who still looks quite young, though she is a grandmother, gives the following prescription for the preservation of youth and beauty: "You must work till you are tired, sleep till you are rested, have plenty of fresh air. Live in cool rooms, take a daily sponge bath and eat the simplest food."

Don't sit facing a strong light. Don't stoop or bend over while writing or reading.

Don't go too long without food. Hunger gives a strained look to the face.

Don't worry; but if worry you must, keep the forehead smooth—don't wrinkle it.

Smoking is an innovation in Western female circles, but is a fast dying custom among Orientals.

White spots on the nails are caused by bruises, frequently done before the nail grows out. If a cuticle knife is used harshly or carelessly it will cause them. These spots cannot be removed until the nail grows out and is cut.

The girl who snubs the men who don't dance well, who is rude to those whose social position is not what she considers necessary in her friends, who shows she is eager and anxious to get away from those who bore her, is the girl who fails.

It is easier to get engaged than divorced, and the expense is about a stand-off.

A man stands a very good chance with a girl if he can get all her family to oppose the match.

Glove manufacturers say that they now make a No. 6 woman's glove larger than they did five years ago. This is because women have become more athletic and thin hands have accordingly grown larger. But they won't acknowledge it, and still insist on wearing the same numbered glove.

It is noted in a current periodical that "ladies are playing billiards more than they used to do." The game lends itself to feminine grace. England has a "lady champion" billiard player in Miss Fairweather, who recently played brilliantly in six exhibition matches.

Heliotrope is one of the sweetest of perfumes and is composed of four ounces of rose petals, two ounces of tonka beans, eight ounces of orris root, one ounce of vanilla, one-half drachm of musk and four drops of oil of bitter almonds.

## PREDICTIONS BY DAME FASHION

Gunpowder blue and celery or spinach green are well liked.

Little lace toques made of valenciennes, with a knot of roses at the side, are smart.

The very choicest designs in thin summer fabrics are in the shop for choosing now.

Pretty blouses in navy blue and other dark silks have the yokes inset with lace dyed to match.

Fetching hats of embroidered white batistes have just a wreath of shaded roses around the crown.

Big tricorne, or toques, are the simplest sort of treatment with marabout feathers, or stiff gardenias in shaded colors.

Opal is for dance wear, lemon yellow for dinner and evening occasion, and turquoise blue for indoor afternoon toilettes.

## HOUSEHOLD AFFAIRS



### AS TO THE BATHROOM.

The white marble basin in the bathroom can be cleaned by rubbing the stains with fine table salt. If, however, they are of long standing, mix two parts of powdered whiting with one of powdered bluing, then add half a pint of strong soap suds, and heat to boiling point; apply with a soft cloth to the marble and let it dry on; then wash off with hot water to which has been added a little salts of lemon. Dry with a soft flannel. For the bath tub, whether of zinc, enamel or white porcelain, nothing is better than a bath of gasoline. Instead of rubbing and scouring, go over every inch with plenty of gasoline and then wash off carefully. All the stains and discolorations will have disappeared.—Philadelphia Inquirer.

### PATCHWORK.

At this season, when "shut ins" are apt to find time hanging heavy on their hands, suggestions for a new kind of patchwork—that possesses the advantage of covering both sides, wadding and quilting, all at the same time, may well be passed on for the benefit of those who do this kind of work. The directions, as sent in by a Sunshine friend are: Cut pieces of silk about four and one-half inches square, turn and baste down each of the four sides, leaving squares of four inches. Then fold them over diagonally, making three-cornered pieces; insert a piece of wadding the same size and shape, and baste the edges together. Four of these triangles overhanded make a square block. The effect is good when one triangle of each block is of black, one of white or some uniform color, and the remaining two of any color. In joining the blocks together the blocks should be in corresponding position to make a regular pattern.

The bias lines of two of the silk pieces that go next each other can first be run together by hand or machine on the wrong side, and then folded over, padded and basted. This avoids having to overhand the bias sides, with danger of stretching.—Philadelphia Inquirer.

### HOW TO WASH LACE CURTAINS.

The best method of washing lace curtains is perhaps the easiest and the following is a good way to obtain good results: Shake the dust from the lace, lay in clear, cold soft water for an hour; wring out and wash in warm water in which a little soda has been dissolved; wash in several waters, or until perfectly clean; rinse in water well blued; blue the boiled starch quite deeply; dip in the curtains and squeeze, but do not wring them dry. Pin some sheets down to the carpet in a vacant, airy room, and pin on the curtains stretched to exactly the size they were before being wet. In a few hours they will be dry and ready to hang.

The whole process of washing and pinning down should occupy as little time as possible, as lace will shrink more than any other cotton material when long wet. Or fasten them in frames made with the smallest size of galvanized centre hooks, in which to fasten the lace, and having holes and wooden pins with which to vary the length and breadth to suit the different sizes of curtains. The curtains should always be measured before being wet, and stretched in the frames to that size to prevent shrinking. Five or six curtains of the same size may be put in, one above the other, and all dried at once. The frames may rest on four chairs.—Newark Advertiser.



### HOUSEHOLD RECIPES

**Puffed Potatoes**—When nearly baked cut a small piece from the end of the potatoes, scoop out the inside, mash and season with butter, pepper and salt. Refill the skins with this, allowing the filling to complete the form of the potato. Set in a hot oven just long enough for the soufflé part to become well browned, then serve.

**Canned Pea Soufflé**—Drain the peas and mash with two tablespoonfuls of melted butter. Beat three eggs light and stir into them a pint of milk and the mashed peas. Season with salt and pepper, beat hard and turn into a greased pudding dish. Bake, covered, for twenty minutes; uncover and brown. Serve this soufflé as soon as it is removed from the oven.

**Velvet Cake**—Two cups of sugar, three cups of flour, half a cup of butter, four eggs, one teaspoonful of cold water, two teaspoonfuls of baking powder. Flavor with lemon. Beat the butter and sugar to a cream, sift the powder with the flour, then gradually add the flour and water to the butter and sugar; beat the eggs separately, add them and then beat them all well together.

Many people have a little way of making confessions—they suspect others of their own shortcomings.



### FLOWER NOTES.

Don't put all your flower bulbs in pots or beds, but tuck clusters of them here and there amid the shrubbery, says the *Woman's Magazine*.

Crocus may be twice its own depth beneath the soil and if left undisturbed will sow its own seed and multiply.

Lilies of the valley, narcissus, crocus, snowdrops and scyllias are among the things that should be planted in the fall to come up early in the spring.

Be sure to obtain new plants each full of the Chinese primrose, as these plants do not bloom so well in the house the second year.

In selecting bulbs, if done personally, choose the heavy solid ones in preference to the large, flabby or soft—the former often hold two or three spikes.

Keep the asters, the dahlias, the cosmos, chrysanthemums, and all the late bloomers that will keep the garden bright until freezing weather, well fertilized, watered and well cultivated.

Hyacinths need deep planting, fully eight inches from the top of bulb to surface of soil. This insures healthy, stocky plants that are able to hold up a heavy truss of bloom without staking.

### GRAFTING.

Grafting is generally done at the beginning of the season's growth, about the time we call "starting of the sap," though it may be successfully done later. There are so many kinds of grafting and so many different ways of doing it that our brief space does not justify entering into details. Any means of bringing the part to be attached in such connection with that which is to become the sustaining part, as to permit a ready flow of the sap from the one into the other and keep it there, and so as to prevent air and weather effects from disturbing grafting. The method most employed by non-professionals is known as cleft grafting. Cut the stock at right angles and pare smooth, being careful not to injure the bark at or below the cut. Split to depth of two inches, and insert a wedge to hold the split open. Carefully insert one or two scions, made into a wedge at the lower end, so that the line between the wood and bark of the stock exactly fits the corresponding line of the scion. To be sure of securing this result the scion may be inserted at a slight angle, so that these lines are sure to cross. Remove the opening wedge and the work is done. Now carefully wax the entire end of the stock, covering every part of the wound, and fitting it closely around the scions, so as to exclude both air and water. Make wax, by weight, resin four parts, beeswax two parts, tallow one part; melt and thoroughly mix, and pour into cold water. Grease the hands and work as candy.

### IN THE OLD ORCHARD.

Professor W. P. Herrick, of the Michigan Agricultural College, gives the following advice concerning old orchards:

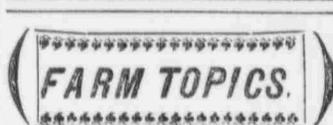
"Get into the orchard with the pruning saw. For this work you need men of experience. Too many so-called tree pruners are tree butchers. Their zeal is much greater than their knowledge. The only absolute rule in pruning that can be laid down is to cut out all dead wood. Branches that are badly injured, diseased, crossed or that from weak crotches should be removed, after which some small limbs may be cut out, and if the tree top is very thick there should be a judicious thinning of large branches. Let the pruning extend through two or three seasons rather than one.

"Nearly all old orchards are in sod. This must be broken up—absolutely must if success is to be attained. Start its cultivation and keep it going. Plow in a good dressing of stable manure, or plow and then harrow in a good dressing of fertilizers rich in potash and phosphoric acid. In the words of the parable of the barren fig tree, 'dig about it and dung it.'

"With a short handle hoe or some kind of a box scraper remove the old rough bark which shelter innumerable insects and fungi and then spray thoroughly, while the trees are in dormant condition, with copper sulphate at the rate of one pound to twenty-five gallons of water.

"Make up your mind to feed, prune, spray, sow cover crops and cultivate the orchard for the remainder of its life. If the orchard fails to appreciate the treatment outlined above, cut it down and plant anew. 'Why cumbereth it the ground?' Do not expect too much nor look for quick returns. 'As the twig is bent the tree is inclined,' and a season or two of good care cannot make up for a lifetime of neglect. Do not follow years of outrageous treatment with unreasonable expectations."

Dr. William G. Anderson, instructor of the gymnasium at Yale, will make an inspection of the leading school and college gymnasiums of the north and middle West.



## FARM TOPICS.

### EGGS AND COLOR.

Eggs are often condemned as not being fresh when in fact the food of the hens has been of such a kind that the delicate characteristic flavor of the eggs, such as proper food produces, is entirely lacking. Corn has the effect, when fed liberally, of causing the hens to produce eggs with rich-looking dark yellow yolks, while wheat fed instead of corn will yield eggs of a pale yellow. The public imagine that the dark yellow-yoked eggs are the richer, though they really are not. Green food in the spring also produces the dark yellow yolk. While food has considerable influence on the yolk of the egg, it has little or none on the color of the shell. There are certain breeds that never lay any other than white-shelled eggs, and others that also invariably lay brown-shelled ones. An egg from a Leghorn that was white would never be set by a poultry farmer. A real white egg from any of the Asiatic breeds would be a curiosity. The distinctive shape and color of the eggs of domestic poultry are as marked and established a feature as is the case with wild birds.—Mirror and Farmer.

### FEMINE DAIRY WISDOM.

There are thousands of good cows owned by men who never know it.

They never feed more than enough to just about keep a cow alive; they never test the milk, and always complain of hard milk.

Are your stables warm and well ventilated? If not, go to work at once to make them so.

This will be true economy, for in this way you will save food and increase the product, whether it is butter or milk.

The stable should be kept not above sixty degrees nor below forty-five degrees.

Never allow a cow to lie on bare boards. It is cruel and costly.

Do not try to keep the stable warm by shutting in the foul air.

The ventilation must be good to keep the stable sweet and the cows healthy, but there must be no drafts.

If you can not keep your stable warm without artificial heat, it will pay to have it.

Always remember that the least chill of the cow shrinks her mess of milk.

Exposure to the chilling blasts of a cold day (even long enough to drink at a trough) has been found to cause a considerable shrinkage in milk.

It pays to take the chill off the water and have it constantly before the cows so they can drink at will.—Dorothy Tucker, in *Farm Journal*.

### TO PREVENT MILK FEVER.

To begin with, never turn a cow dry while she is still giving a good flow of milk. Right here is where a serious mistake is often made. Our cows are milked regularly, mornings and evenings, until the amount of milk given at each milking is less than a pint; then once a day for about two weeks. As a rule, a cow should be dry about six weeks before calving, but some cows are inclined to keep up a good flow of milk to within a short time of calving, in which case they should be milked as usual or at least once a day. The milk, of course, should not be used. If the weather is cold, at calving time, see that the cow has good shelter; in hot weather, a cool place, where she cannot get her fill of cold water. Neglect or ignorance in this matter has caused the loss of many a fine animal. As soon as the calf is dropped, the cow wants water. Give her a drink of water from which the chill has been removed, every half hour for several hours. Two gallons or a little more is about right. Don't forget to have it slightly warm. If the afterbirth is slow, give the cow a small feed of moistened bran with a large, dry puff-ball or several small ones broken into pieces and mixed well with the bran. Add a little salt, also. The puff-balls are nothing more nor less than dry mushrooms; the kind that grow in meadows and pastures. Early in the summer they are white, but later on turn brown or purplish-brown, and when broken a dense dust arises. This dust must be retained when they are gathered. We gather them any time from August until late in the fall. Keep in boxes. If the first dose given the cow does not prove effective, repeat in three hours. The puff-balls can do no harm at this time, therefore, the best plan is to add them to the first food given the cow, unless no medicine is needed. Let nothing interfere with the cow's drink being given at regular intervals. A good ration is composed of equal parts oats and bran, moistened a little.—Anna Gallier, in *The Economist*.

A recent mechanical wonder is a telegraphic instrument that sends 1000 words a minute 1000 miles in length. A human operator can transmit fifty words a minute.