

# SCHOOL GOWNS FOR ALL AGES

## SWEET SIXTEEN IS THE IMPORTANT FACTOR IN AUGUST DRESSMAKING & A WORD ABOUT HATS

AUGUST is the month when the mother of daughters begins to brood over the serious problem of Autumn school clothes. Whatever age she is, mamma wants misery to look her best; every sensible mother realizes that an unbecoming or inadequate wardrobe is often the cause of much youthful suffering. Especially is this the case with girls removed from the resourceful influences of home; maidens pursuing their studies in distant schools and colleges, where the steadiest need to appear well, not to speak of dress rivarities, incessantly spins the virgin mind to thoughts of clothes.

As to the number of gowns required by the boarding-school girl, it apparently all depends upon the pretensions of the house of learning. At many places the dressing is much too fine, too often changed and too suggestive in general of the frivolities of the grown-ups. But here an effort is being made to change this, and following the lead of the sensible French, the directresses of several New York boarding-schools, of long established prestige, now limit the school wardrobe. Two going-out gowns are allowed, but they need not necessarily be black, as the French usually insist. Then four frocks for lessons, two evening toilettes, and eight of every article of underwear.

Hats are supposed to number three, and be suitably simple in style, but there are no restrictions on lesser accessories, which may be as numerous and as elegant as the pensionaire can afford.

Two "class aprons" are required by one Fifth-avenue school. These must be black, the materials alpaca or silk, and the aprons must be enough to cover the entire front of the gown. The prettiest of the class aprons are gored and finished at the bottom with a deep lace heading by hand. Red Russian embossed and coarse lace heading is preferred, preferably deck some of the silk ones, and the girl fond of sashes has her apron strings sufficiently long and wide to tie in a big bow in front.

There have been few changes from the past season in the fashions for school girls. The gowns now being made all show the influences of Summer models, skirts running to the side pleats found so graceful and becoming in the grown-ups. But fancy sleeves and ornamental yokes, for the upper garment.

In the way of material, the frocks for first wear are of lighter weight stuffs than those for later use. For long-skirt maidens the daintiest little dresses are seen in figured challies, trimmed with bands of plain color. These are delightful to wear, the soft, delicate stuffs contributing little to weight and defying wrinkles.

In color effects the new challies surpass anything seen before, some of the Persian patterns in deep, rich colors, and are of indescribable beauty. The "old blues and white and reds and white are also seen.

A smart set-up just turned out for a Bryn Mawr girl is of chaille in this style combination. The skirt is in circular shape, with three bands of plain blue, following an eccentric pattern some distance from the waist. The bodice is of a flounce is suggested by this trimming, which encircles the yoke at the usual flounce quarter. The blouse bodice, which fastens at the back, begins with a tucked yoke in plain blue, the upper portion of

sleeves the same. Below this is the spotted chaille, more bands forming a bust and shoulder trimming and shaping an odd grille effect just above the belt. This and the stock are of bright parrot green ribbon, the hat which will accompany this effective rig carrying out the same blue and green scheme. It is of white felt braided in one of the Summer's very flat crownless shapes. Trimmings two blue and green parrot wings, laid flat at the top, with a soft bow of green panne between; an inch wide bias of this gives the wide brim.

Another effective little gown of figured

cloth and taffeta and plain and fancy soutache braids. Black will remain a frequent adornment for color, and on frocks in soft stuffs narrow watered ribbons will be admirably fitted out at these places. Her new French handkerchiefs are exquisite—little squares of delicately tinted mull, with very narrow hems, and her monogram, a butterfly or a daisy worked in one corner. Pretty boxes to hold these and other trifles are made of cardboard, covered with flowered silks and delicately accented.

As a trimming for house jackets, wraps, etc., swansdown is a sweetly youthful

in a deep, pleasing blue, was the material this. A double-breasted front hung loose from the figure; the sides and back of the coat were fitted with shallow stitched pleats, held down by a belt. Then a triple cape collar with much narrow black braid, and fancy sleeves with under puffs, also braided. Buttons, black bone with dull silver rims.

In the way of little elegancies never was the school girl more fortunate than now. All of the good department shops are considering her needs, and from the crown of her head to the soles of her feet she may be admirably fitted out at these places. Her new French handkerchiefs are exquisite—little squares of delicately tinted mull, with very narrow hems, and her monogram, a butterfly or a daisy worked in one corner. Pretty boxes to hold these and other trifles are made of cardboard, covered with flowered silks and delicately accented.

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# HEADACHES & THEIR CAUSE AND CURE

## BY P. F. MOBINS, M. D., PROFESSOR IN LEIPZIG UNIVERSITY & SOME WHOLESOME ADVICE

TELL your physician when suffering from headache all about these matters and symptoms:

Location: Is the pain in the forehead, on the top of the head, or in the rear? Is it one or two sided? Does it consist of pressure, sharp pains, or merely a feeling of discomfort or uneasiness?

Is it deep-seated or boring, or do you feel as if your head was bursting? Does it feel as if your head was held in a vise, or do you feel shooting pains at intervals or permanently?

Some nervous people who consulted me were quite sure that every brain particle of theirs was lashed by a million particles, and that something or other was pulling at these strings every little while. One woman was convinced that a tiny steam drill was working in her head, another that a dozen or more miniature sledgehammers were working there.

Minute statements as to time and causes are also essential. Does it come in fits and starts? How long do these fits last? Are you bothered at night, and are you especially plagued during certain hours of the day or night? Do the aches increase or decrease when you bow your head or lie down? Does food, work, light, anger or joy seem to exercise any influence over your condition?

Does your head feel cold or warm, damp or dry? Do you suffer with the eyes, and are your eyes influenced by your headaches or vice versa? Does your headache increase when you write or read or otherwise exercise your nerves of vision? Do your nasal organs work freely, or do you suffer from congestion of the nose, frequent sneezing, etc.? Do you suffer from buzzing or ringing of the ears or "caracas"? Is your headache ever attended by sickness or the stomach or vomiting? Are you a normal eater, or have you no appetite? Does eating prove beneficial or the opposite when you have a headache? If you drink does beer, wine, water or whiskey, tea or coffee, bring on fits of headache, increase or decrease the disease?

After going over the ground as above, the physician should ascertain "how long have you been suffering from headaches? For weeks, months, or years, since the age of puberty, since your school days? Are any of your relatives likewise afflicted?"

People suffering from continuous headache are often victims of megrim. This is particularly true of people in middle age who suffer from headaches periodically, on a certain day every few weeks, etc. The majority of such sufferers coming under my observation reported that their father or mother used to be likewise afflicted.

These are the first symptoms of megrim: Flery lines dancing before the eyes, one-half of things is seen by the sufferer; one-half of the face, or one hand, goes to sleep continuously.

Second stage: One-half of your head

aches for several hours in succession, usually following vomiting, which is the third stage. But not all megrim sufferers vomit; in many cases sickness of the stomach alone is experienced.

Slight diseases of the nose often bring on headaches; if your physician can't help you, always consult a nose specialist. Constipation of the nose, which is easily discernible even to the layman, is liable to create violent and persistent headaches, and if a megrim victim suffers from congestion of the nose at the same time, his headaches are usually the more unbearable and persistent. Often a surgical operation is necessary, but application of salt iodine may be tried with success in all but extreme cases.

For some time American physicians have insisted that a good many kinds of headaches are due to diseases of the eyes and curable, therefore, by the wearing of spectacles, or similar measures. My own experience does not bear out this fantastic diagnosis. Spectacles never cure headaches unless assisted by hypnotic suggestion.

Tiredness of certain nerve centers is a frequent cause of headache with healthy as well as sick people. Such tiredness may result from mental overwork, cares, exertion, noise, bodily exercises and cold. This sort of headache is always two-sided, and usually located in the fore part of the head. Its staying powers depend on the cause. If the cause is mental, and the healthy person gets over it quicker than the sickly man or woman.

Everything that leads to the betterment of social conditions benefits health, and healthy people do not suffer from headache, except from the evanescent sort mentioned in the preceding paragraph.

The first thing that ought to be prescribed for headache sufferers is fresh air. We can't all go to the mountains or seashore, certainly, but even city dwellers may find many far more healthy spots in their plain than their own rooms. Avoid sitting in closed rooms as much as possible. If you want to get rid of your headache, walk the streets, lounge in the park, if you can't do better, but keep out of doors and always select the cleanest and widest thoroughfares with much fresh air. If you must sit inside keep the window open, if only a little on the top.

Headache sufferers should never sleep with closed windows. Winter or Summer. Opening the window in the next room won't do. You must have fresh air from first hand.

The vegetarians say that their way of life forestalls headaches, but my experience as a practicing physician flatly contradicts that assertion. Though I had many patients who tried vegetarianism and temporarily got rid of their headaches, the headache came back, and came back to stay, after the first enthusiasm had worn off, spinach and peas notwithstanding. Still, at the same time, I advise my patients to eat as much as their appetites for meat—undoubtedly too much meat is liable to cause headache in people otherwise predisposed to the disease.

It is important that nervous people suffering with headaches should eat every few hours; if the stomach is empty, they

become faint and headache is the result. But never lose sight of the fact that constipation is one of the prime causes of headache in headache people about make it a practice to have prunes around, also to eat plenty of honey and rhubarb, and occasionally use silt baths (cool), and chew tamarind. Silt should be avoided except by robust persons.

A barrel of alcohol will cause more headache than all the meat the ever-popular American tract controls in a year's time. Even the alcohol man will confess that he is occasionally punished by headache for overindulgence in alcoholic drinks. Long continued drinking causes degeneration of the blood vessels in the head, and degenerated blood vessels cause headaches. A person inclining to headaches should be a sparse drinker. If for no other reason than that he "can't stand much."

Excess of mental work causes headache sooner or later in a larger or lesser degree, according to disposition and predisposition.

I have had megrim patients who could engage in certain work and enjoy the results, for instance, without the least discomfort, but suffered terribly as soon as they undertook to deal in original ideas—that is to think hard. I advise every sufferer from headache who can do so to stop mental work the moment he feels tired—look up what I have said of tiredness. It will be also advisable for him to work with intervals. If he must work eight hours a day let the work be spread over a period of 12 to 14 hours. Even a constitutionally nervous person can perform lots of work without hurting his health, if the work is only properly divided up. Never force yourself to continue at a task, the burden of which threatens your well-being. If disposed to headaches you will certainly suffer from them on account of overwork, while the work performed will be deficient at the same time.

Of course, employes cannot always follow the above advice and move the city, for instance, without the least discomfort, but children can't, owing to the cramming system in vogue in most schools nowadays.

During the hours of suffering absolute quiet is necessary. Sit still, if possible, in still, banish light, warmth, noise, smells. Even our parents knew that quinine was a good thing to use against headache—my own experience shows that all anti-fever remedies have tendency to drive away or diminish headache. The trouble is the benefit lasts only as long as the remedy remains in the system.

Bromide salts have no direct influence on headache, but are efficient to allay the outward manifestation of pain. The great Carotid was the first to cure megrim with bromide by an elaborate process. Never use bromide on your own responsibility without consulting a physician. If taken in overdose its effects are most unpleasant. At best, the salts work temporarily, but never do harm if properly used.

Never use morphine against headache, unless the pains are simply unbearable. Only in that case use the use of this dangerous drug, and then only as a remedy, though, simply a momentary pain-killer.



GOWNS FOR THE SHORT-SKIRT SCHOOL GIRL.

chaille has a pattern of black leaves on a scarlet background. Narrow black satin ribbon, tracing diamonds, which on the bodice, finishing at the front with wide scarlet chaille, is the decoration for this. The neck of the waist, which is the usual blouse shape with back fastening, is cut out. A plain band of the ribbon finishes the bodice and is put at the points of the diamonds in the yoke, whose latticed arrangement is repeated at the outside of the elbow sleeves. A sash with long ends of black satin ribbon, is the graceful waist finish.

Ecru chaille, the tint that is more brown, than white, realizes a third charming frock, whose sole ornamentation is shirring. The bodice yoke is made entirely of this, several rows holding down the tops of the puffed sleeves to produce the fashionable long-shouldered effect. The bottoms of the sleeves are shirred in deep cuffs, and three rows of this trimming head a straight skirt flounce.

For school girls of all ages light-weight chevots, covert cloths, serges and tansels will be fashionable street stuffs. The advantage that it covers and trims these materials, as well as bands of plain

trimming to prove the costume for the younger girl.

A loose, short jacket with an odd sailor collar, finishing at the front with wide ends, seems to have a youthful quality, and the wide, flouncing sleeves of this are considered very modish. A newer model in short coats, for these loose, wide-sleeved little jackets have been worn all Summer, is a double-breasted blouse with military neck band. Stitched blouse finish the waists of these. Little postillon tails, heavily stitched or trimmed with braid like the rest of the garment, showing at the back.

Glit braids deck some of the shorter coats, but the long ones depend upon a certain gravity of treatment for good effects. However, there are trimmed long coats—trimmed to the top notch, narrow braids outlining wider ones, and fancy bone buttons and velvet collars and cuffs smattering them up prodigiously.

This tendency even holds good with the rain coats, some of which are much too long for their calling. A so-called rain coat seemed almost insolently flippant, with the advent of the weather, and the trappings of dry occasions. Waterproof serge,

ful ornamentation seen at some of the shops. Edging the neck and wide sleeves of saut-de-cits (Jump-out-of-the-bed gowns) is charming on the pale woolly flannels of the same name. Bedroom slippers are also bordered with swansdown, the material of the slippers matching the gown.

A word on hats, though the subject is belated. The new headdress for femininity is in discreet or extravagant, according to the age of the wearer. For example, girls under 12 may wear the most elaborate hats, huge things burdened with feathers, with spreading bows and vast ornaments. Above that age headgear begins to modify its splendor, until at 14 it has a maiden simplicity quite delightful. School hats for girls of this age, and something under and over, are abundant. Many Tam O'Shanter shapes continue to be seen, with the neat ribbon rosettes and long quills worn this long while. Other good school hats for misses in the teens are certain wide brim saloons in brush felt. Wide ribbons, tying in a moderate bow at the front or turtan scarf, knotted at the side, trim these prettily.

MARY DEAN.

# FROZEN Dainties FOR AUGUST

## How to Prepare Several Tempting Summer Desserts & The Recipes

"SOMETHING cold" is the almost universal refrain these days, when the question comes up, "What shall we eat or what shall we drink?" Fortunately, indeed, for the cook that "cold things" are easy to prepare, that nearly everything can be made in the cool of the day, and that they find almost universal acceptance.

I always thought cold vitamins nice; My choice would be candies, a short-caking the genial autocat at the breakfast table years ago, and nearly every one agrees with him.

The making of frozen dishes was once very elaborate; but improved methods and utensils have simplified the operation until now the veriest tyro may be sure of success if certain rules are followed.

Of course, the mixture to be frozen must be cold when put in the freezer. The ice should be crushed as fine as possible and a third as much salt as ice used. The easiest way to crush the ice is to put it in a stout gunny sack and pound it fine with a hammer or the back of an ax.

Having made the cream and poured it into the can, set it in the wooden tub and place around it alternate layers of crushed ice and salt. Let the layers of ice be two or three inches deep, with one inch of salt sprinkled evenly over the ice. Let the ice mixture come a few inches above the cream in the can.

Now for the freezing, which should be done very slowly at first, as rapid turning makes a lumpy cream. About 100 revolutions will usually suffice to freeze the cream.

One extremely methodical man who prides himself on the velocity smoothness of the food products which he says he has frozen for the same dessert every Sunday for 20 years, turns the crank just 100 times, then rests five minutes, turns a second hundred, rests five minutes, and finishes with the third hundred. This occupies about 20 minutes in all.

When sufficiently frozen, remove the canster, replace the lid and cork tightly. If the cream or ice is to be served within an hour, no more ice will be needed. Simply push the can down into the ice, put a weight on top to hold it and cover with a piece of old carpet. Sherbets and leas are really better to be served as soon as possible after freezing.

The methodical man before mentioned only begins freezing his ice when his wife commences to set the table. Cream, however, is richer if allowed to "ripen" for several hours before using. In this case draw off the superfluous water, pack with more ice and salt, cover and stand in a cool place until ready to serve.

If these directions are carefully followed the cream should be smooth and velvety, perfectly free from lumps. When a granular consistency is required, as in frappes, use a large proportion of salt.

In the following recipes are to be found some tempting Summer desserts.

**Plum-Pudding Glace.**

This is not to be commended to any one troubled with indigestion, but it makes an exceptionally good dessert. First make a chocolate ice cream. Then crumb into it a generous slice of fruit cake or sliced plum pudding. Freeze in bricks, sauce and serve with cream. Sherbets and leas are really better to be served as soon as possible after freezing.

If referred to the fruit cake already prepared, you may add instead to the chocolate cream three-quarters of a pound of mixed fruit composed of seeded raisins and currants plumped with boiling water, thin slices of citron and a few candied cherries.

Before putting the fruit into the cream pour a little sherry over the fruit and let it stand long enough to soften. When

the cream is frozen drain the fruit and mix with the cream, turn the beater a few moments, then remove and pack.

**Biscuit Ice Cream.**

Here is an excellent recipe: Two quarts whipped cream allow four eggs, three-fourths of a cupful of sugar, three-fourths of a cupful of water and a teaspoonful of vanilla.

Boil the sugar and water together for 25 minutes. Beat the whites of the eggs to a stiff froth, and gradually pour over them, still beating, the hot syrup. Beat the yolks and add to the whites and syrup.

Place the pan in another vessel of hot water, and cook for 10 minutes, heating all the time. Set away to cool. When quite cold add the vanilla, and mix the cream in lightly. Pour in a mold and pack in ice and salt. Cover with a piece of carpet and set away three or four hours to harden. Four tablespoonfuls of maraschino or sherry may be used in place of the vanilla, if preferred.

**Lemon Sherbet.**

For this recipe one of the best-known ranches in Arizona is famous. Six lemons, scant two quarts of water, one pint of sugar, one tablespoonful of gelatine. Put the water and sugar on to boil in a clean basin. Boil until clear, skimming if necessary. Meanwhile squeeze

little cream it will make it so much richer, but it does not need it. A few sliced peaches or bananas may also be mixed in when the dainties are removed, and will improve the cream.

**Devil's Food.**

Boil together until thickened one-quarter cake of chocolate, the yolk of one egg and a half cupful of water. Take the cream from the fire and cool slightly, before adding one cupful of sugar, one-half cupful of milk or water, one and one-half cupfuls flour, sifted with one even teaspoonful baking powder, one-half teaspoonful soda dissolved in a tablespoonful of vanilla and the stiffly beaten white of one egg, folded in at the last. Bake in shallow bread tin, or in layers, using melted frosting with chopped nuts for a filling.

**Parfaits and Biscuits.**

Are especially delicious desserts. They are quickly and easily made, as they require no stirring and freezing. The foundation for them as well as mousses is simply whipped cream, with or without eggs.

**Frozen Tea Sherbet.**

Is also a refreshing ice, and one too seldom used. Make a quart of fine flavored tea in the usual way. Pour off, sweeten to taste, add the juice of a half lemon and the fine sliced peat. Freeze.

**GRAPES AND CURRANT JUICES.**

The Juices Are More Prized Now Than the Jelly.

With the advent of hot weather, there comes to the average mortal a keen relish for all sorts of fruity concoctions, both liquid and solid. Red currants will be found much more popular and useful if the juice is put up in a tight jar while hot, using a small portion reserved for the jelly, which is so little prized nowadays. If grapes are utilized in the same way the home caterer will have at hand the principal ingredients for fruity desserts and cooling, healthful drinks. Many times when wine is called for in a recipe these juices may be substituted, thus lessening the expense and adding many tastes. Prune juice may be had at any time, and is very rich and fruity; the fruit itself may be used for a delicious jelly. With the hint in mind, the following seasonable recipes are given:

**Russian Jelly.**

Soak quarter of a box of gelatine for five minutes in quarter of a cup of cold water, then dissolve by stirring in a cup (half pint) of boiling water, add half a cup of sugar, half a cup of grape or currant juice, quarter cup of orange juice and two small tablespoonfuls of lemon juice. Allow to stand until the consistency of the white of an egg; if hurried, stand the bowl (which must be deep and not too large) in cracked ice and water (adding water, chills anything quickly). Now beat with a Dover beater and frothing will begin in about one minute. When light pour into mold or serve in apollinaris glasses, partly filling with the mixture before whipping, topping with the whip. The latter is a novel and ornamental way of serving this jelly.

**Jellied Prunes.**

Soak a third of a pound of prunes over night (after washing) in two cups of cold water; cook in this water until tender, stone and quarter. To the prune water add boiling water to increase to two cups. Soak half a box of gelatine in a pint of cold water for 20 minutes, then stir in the prune water, which must be hot enough to dissolve gelatine; stir in a small cup of sugar and quarter cup of lemon juice, strain, add prunes, and while chilling, as in Russian jelly, while forming, two or three times to keep prunes suspended. Put into mold

while still soft enough to handle, but of firmness to hold fruit in place.

N. B.—Prunes should be cooked in double boiler, to prevent water wasting.

**Jellied Peaches or Apricots.**

Choose large-sized evaporated fruit (peeled) or canned, as preferred. Make jelly as above, but dissolve gelatine with a cup of apricot juice and one of boiling water, then add a cup of currant or grape juice and a tablespoonful of lemon juice. Stir the halves of fruit in while chilling, or, if firm, line mold (first always dipped in very cold water) with them. In either case, use a small amount of orange juice.

**Fruit Salad With Fruit Juice.**

Is made with layers of sliced fruit, using oranges, bananas, pineapples and crisp grapes. Pour over dressing half a cup of sugar, third of cup of fruit juice, a cup filled up with lemon or orange juice; if the latter, use less sugar. The syrup drained from cut pineapple left to stand after sprinkling with sugar makes dressing for the above fruits, adding strawberries or raspberries, the latter on top. Orange or lemon juice may be added.

**A Fruity Sherbet.**

Is made by simmering one-quarter of pound of Canton ginger, cut small, in four cups of half and half, fruit juice and water, for 15 minutes, with a cup of sugar. Remove from fire, stir in half a cup each of lemon and orange juice and freeze. Enough for 12 people, if served in glasses at dinner.

of the old Thomschirke at Leipzig, world-famous through its identification with Johann Sebastian Bach.

This ancient church, a good example of early Gothic, is very spacious, and of an austere, uncompromising character. It shelters at the 10 o'clock service held on the first Sunday of every month, something over 300 men. This means naturally that the galleries and seats are occupied wholly by belted and sworded defendants of the land.

That a woman should go to this service is an almost unheard-of event, unless perhaps an officer high enough in rank to pursue his own will should choose to let his wife sit in the synagogue. Only a short time ago, however, two American women with no other backing than a silver piece and a smile for a good-natured guard, were permitted to take seats in a secluded corner and remain throughout the impressive service. The filing of the men in and out of the church, the system and silence with which they sought their places were sights interesting to see; but what seemed more overpowering than any other feature of the service was the heavy, harmonious noise made by the

swords whenever this large body of men arose from their seats. It was like the roar of distant, disturbed thunder. The many, strong voices raised in simple tuneful hymns and accompanied by wind instruments, created also an impression long to be remembered.

In the history of music as well as arms the Thomschirke holds a place of an important place. It was here that for many years Johann Sebastian Bach played the organ. Here also he instituted the motet, the blending of voices in song and instrumental aid. And here still every Saturday at 1 o'clock the motetta is rendered in commemoration of the great composer. On these days about 30 of the finest voices in Germany can be listened to without entrance fee or demand of any sort. Among them all a young voice soars

higher than that of any other boy in the world, excepting always the "Pope's angel" in Rome. Always the Thomschirke is crowded with the people of Leipzig, and the outlying country eager to hear the motetta. Housewives leave their duties; merchants their affairs, and children their play at the first stroke of the bell.

Such is the fame of the Thomschirke, and sentiments that enter into the lives of the 1500 American girls and men now studying music in Leipzig.

# MUSIC AND ARMS IN BACH'S OLD CHURCH

## GERMAN ARMY FILLS THE EDIFICE WHERE THE GREAT COMPOSER ONCE PLAYED

THESE modern days of the new world it is refreshing to feel that the most powerful of individuals living is strong in the belief that it is good for the soul of man to go regularly to church.

In this order the men usually go in a body, and special times are set apart for respective regiments or parts of regiments when appropriate services are held for them in the most important churches of their states.

There is perhaps no one of these services more interesting than that which takes place in the old Thomschirke at Leipzig, world-famous through its identification with Johann Sebastian Bach.

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# WATERMELON RIND Quite as Good as Citron and Much Cheaper

NO preserve is more delicious than the watermelon rind. It quite equals the citron and is far more economical.

Cut the rind in small pieces, trim the upper edge evenly and tear off the outer skin. Then put in a stone jar, and to every five pounds add a half cup of salt. Cover with cold water and let stand for five hours; then drain, and again cover with fresh cold water. Soak for three hours, changing the water three times during that period. Dissolve a teaspoonful of powdered alum in two quarts of boiling water, bring to the boiling point and pour over the rind, allowing this quantity for every five pounds of fruit. Let stand for a moment, then drain.

Make a syrup by boiling together 2½ pounds of granulated sugar and one quart and one pint of water for each five pounds; boil and skim thoroughly. When perfectly clear, drop in the watermelon rind and simmer gently until you can pierce it with a straw. When tender take the pieces out carefully with a

skimmer and arrange them on large platters and stand in the sun until firm, which will usually require from one to two hours. Then pack in a jar, with a few slices of ginger root, and one small piece of lemon, extract the juice of both, and cut the ginger root into thin slices. Boil the syrup and water gently for 10 minutes. When the watermelon rind has hardened pack it in the jars. Bring the syrup to a boil and strain it over the rind, filling each jar. Seal and store in a cool place.

**Cupid in Fatigue Dress.**

Every lover is more or less a poet. It is the husband who speaks the language of prose. And it is not always his fault that he changes his manner of expression. The image in his heart is robed in white; but when she comes to his home she too often appears in dingy slouch. He may not have analyzed the charm she had for him, but it was probably her daintiness, rather than her beauty; a certain sweet wholesomeness which any woman may possess when the rose blooms in her face, but without which the most radiant looks are devoid of attraction.

Aphrodite set an excellent example for all the later goddesses of Love when she arose each morning from beneath the sea. The sea is not always at one's door, it is true, but there are substitutes for it within limitations as humble as a tin washpan. And every bowl of purifying water brims and overflows with the dancing bacilli of happiness and beauty.

**Pickled Peaches and Pears.**

Take large peaches, and pare but do not cut them; stack three cubes in each. Weigh seven pounds of fruit, use 2-24 of sugar. Put the sugar in a porcelain kettle with a quart of vinegar, two sticks of cinnamon and a tablespoonful of whole cloves, and boil 10 minutes. Add the fruit a few pieces at a time, and cook till clear, but not too long; they will cook in the cans. Lift them into the cans, boil down the syrup and pour over them. Peas should have their stems left on and be pickled whole, unless they are very large, when they are better cut in halves and cored. Large plums are also nice prepared in this way. When any of these pickles are used in winter save the syrup and cook cored and quartered apples in it, and use without canning them.

**The Fields of Lavender.**

The fields, the fields of lavender! Beneath the deep-blue August sky. Before the startled wayfarer. Spread up and down in lavender they lie; So sweet, so soothing, so unknown. They seem a secret of their own.