

Summer Chat.

**HE really summer weather of the past week brought out the white gowns in plenty and they were restrul and cheerful to look upon. Next to all white, the white gown with one color in accessories was the choice, and some novel ideas were brought out in this way. For instance to seem to be quite correct this year to weer white gowns and white they will remove the plant white the other will hold ribbon and the plaid cribon and the plaid colors in hose; or white and green, with green ribbons and socklings and stockings and stockings and white the summer was to week the summer white the plant white gowns and white tremoval. The turban belief to week the summer white gowns and white the will be successfon. One of the virtues of the plant white, gown only six to eight in hose; or white and green, with green ribbons and stockings are seen. There is opportantly for abusing this scheme of colorsing but if the combinations are carefully made, they are not intrusive and give plantancy.

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Sunshades were never prettler than this year, and some styles are seen that are new. The Tokio shape with 16 ribs is a favorite, and the Japanese parasol is certainly having a vogue. The styles range from the elaborate embroidered all-white silk, to the heavy woodenribbed sun shades with their oriental patterns, and all are pretty and dainty. For the more conservative there is the strictly tailored parasol which is made of rain-proof silk and can be carried for an umbrelfa as well, a most convenient and economical affair.

The general exodus to beach and country has made business at the bathing suit centers and some neat models have been shown. The extremely sensible woman, however, who wants blue serge with white braid has tot been overlooked and with all the newer styles this which is time proven, has been quite generally bought. The bathing caps are pretty, with their substantial offied silk or rubber inside and their plaid silk outside. They could be readly-made at home and a becoming twist given to the bandana in front will take away the severe look that a woman has in this costume, when the hair has to be entirely covered.

Banish all alcoholic beverages.
Eat most largely of cooked fruits and vegetables.

Drink nothing below 60 degrees in temperature, and drink sparlingly.

Be careful to seek the society of cheerful friends.

Practice moderation in open air exercises.

Mothers who value their own and their little girls' comfort have found the summer mode of dressing them, with bloomers of the same material as the outer dress, a most satisfactory thing. It does away with the washing, starching and ironing of many white petiticoats and gives the child complete freedom in playing about. With these ilittle girl is not more hampered than her brother and can turn somersaults or climb trees with the best of them. It is so satisfactory a plan for dressing the little people that it is likely to be carried through the school year for little girls from 6 to 10.

Practice moderation in open air exercise.

Don't fret; don't worry.

"Thousands of people are made sick in summer because they do not know or what to eat," observed Dr. Wiley. "But the same criticism applies to the winter season as well. Few people follow definite rules. Moderate eating, moderate drinking, moderate exercise in the open air and cheerful friends will keep any good man alive through the summer.

"Eating in summer should be diminished by about one quarter, lassmuch as the heat energy is one quarter less than in winter.

"Fruits and vegetables are the normal diet for summer, provided they are cooked. If eaten raw they should not be contaminated with pathogenic bacteria.

Desirability of Hardy Perennials.

By C. L. Allen.

HERE there is pienty of room the iris should be largely grown in the herbaceous border. A collection of well-assorted species will furnish flowers at least from May until July. If there is but little space it can be more profitably filled with other plants. However, there is one species iris kaempferi, that should be found in every collection of choice plants. The flowers are large and vary in color from pure to dark maroon and purple, both single and double, with every shade of markings in blotches, stripes and pencilipes. This life will grow in almost markings in blotches, stripes and pencillings. This iris will grow in almost amoist or wet situation. It will thrive in a marshy soil, or beside a brook.

In ordinary seasons in this climate the flowers will not come up to expectations unless the soil is moist. Deep cultivation is also desirable, as the roots will go down at least two feet in search of moisture, if it is not provided for them nearer the surface. To secure moisture in a dry location a liberal mulching is needed. Unlike most plants so fond of damp situations, the iris displace. Propagation is easily effected by division, or from seed. The former method is preferred, as a bed of seedlings gives but a small proportion.

Figure 1. The stand process of the p

garden annuals. Their long season of flowering is an excellent feature for

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D R. HARVEY W. WILEY, United States food expert. general rules for hot weather diet, which although a trifle drastic in regard to fresh fruit, are worth considering. These are his rules: Eat one fourth less in summer than

in winter. Eat meat in moderation. Select the

lighter meats.

Banish all alcoholic beverages.

Eat most largely of cooked fruits

teria. Tew persons who delight in

Magnolia Balm

imparts the bloom of youth to faded cheeks and does it instantly. No dosing with medicine, no long course of treatment, only a moment required to apply this peerless beautifier.

Made in two colors-PINK and WHITE. Price 75 cents for large bottle at your druggist. Sample

LYON MANUPACTURING CO., 44 South Pinh St., BROOKLYN, N.Y.



among the fads for summer as an extremely smart trimming. They are made of hand crockt of soutache, fine braid or very fine cord sewed or interlaced into a design, and then mounted on a 30, wooden mold which has been covered with linen. These buttons are used on costumes of linen, heavy silk and net.

Long sleeves are favored on morning frocks and many afternoon costumes more than those of three quarter length. Clips of the control of the cost of the control of the cost of the cost

require different soil, that to grow the largest and most perfect specimen of a particular plant requires certain preparation of soil, a supply of lime, ashes or sait, they are well started on the What Mrs. Sh

in farm life and hies him to the city as soon as he dares to run away from

"The advantages of a country rear-ing" will take too much space for this paper, so with your permission I will write of it next week. 跳跳跳

Men's Summer Fashions.

TNITIALS quite three inches tall, elaborately floriated, are now embroidered in three colors on the left sleeve of men's shirts, a little above the cuff. In some instances the surname, embroidered in script, now adorns this highly developed article of men's wear. Corn-color shirts are waning in popu

larity with the best dressed men. Except in the most expensive shirtings this shade is apt to be too "strong," and is hardly successful. The newer shirts are made of very pale lemon color. materials, almost white, with stripes of various colors. Knitted scarfs are still universally in emand, both four-in-hand and bat's-ing. The various snades of yellow are

specially popular. Narrow black silk four-in-hands, with Narrow Black slik four-in-hands, with "Roman" stripes crossing the center of the long end diagonally, so that when the scarf is knotted the ends and the knot are black, while that portion of the tie in which the stickpin is usually worn is rainbow tinted, are being shown Bathing suits in rich shades of brown are now made of elaborately woven worsteds. They look like sweaters, and the shirt is fitted with a breast pocket. A new fold-over collar for men is made of pique. Unlike the usual outing collar, it is worn starched, although the ends are held together with a gold pin, just as were those of the soft collar so popular last summer.

Four-in-hands now have fringed ends. in one of the larger men's store

or sait, they are well started on the right road.

Farmers children newadays read well at an early age. If their parents take a good supply of agricultural literature, read and discuss interesting articles in the presence of their children and encourage them to express their own ideas, the curiosity of the young people is frequently aroused to the point of trying experiments.

Here comes the rub. If Jehnny is told that it is all nonsense, that there is no money in poultry, goats or there is no desire for that

s soon as he dares to run away from ome.

Another farmer, wiser from his own



Bathing suit in surplice style and trimmed in Greek key design, suitable for mobalr or serge.

soft colors so popular last ammer.
Four-in-hands now have fringed fight unit does not use in doubling the four-in-hands now have fringed fight they are made of figured slight. The ends are hemstitched and have a border of plain slik of the adviser sheet.

Making Flowers Pay.

Afternoon gown of messaline with empire conselet. Trimmed with slik cord and corded buttons.

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HINTS FOR HOUSEKEEPERS

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Wasn't he working for himselft of carried realized the save that the save that the save that the save the save the save the save the save that the s

pleplant gives tariness and life to the flat-flavored berry, making it a delicious portion.

Cherry Preserve.

Wash, stem and stone tart cherries. Save all the juice that flows from them and allow a pound of sugar to every pound of fruit. Put the sugar in the preserving kettle with the juice savel from the cherries and let the sugar become entirely dissolved. Add the cherries, cook until the syrup is very thick and then seal, is another house-keeper's suggestion. When the seeds have been removed, measure three teacups of the fruit into a granite or porcelain-lined kettle and add the same amount of granulated cane sugar. Don't put a drop of water to them, and place them over a hot fire and let them boil vigorously for 15 or 20 minutes, and seal up in a Mason jar. Three teacups of fruit with the same amount of sugar will fill a one-quart jarful at a time, or enough to fill a pint jar is even better. The idea is to do a small quantity at one boiling and do it quickly. When this is cold it is like jelly, retains its fine color, and a spoonful of the fire tables poon in the delicate flavor all its own.

Take one third cup of uncocked rice and arrange commutes in uniform order on this; over all sprinkle a little parsley chopped fine. Serve with French dressing for the mix and one-delicate flavor all its own.

Take one third cup of uncocked rice.

Rice Pudding. vor all its own.

Stuffed Young Cabbages.

Stuffed cabbage is a delicious dish for this season of the year, and is quite easily prepared. Choose a young cabbage of medium size, or have small individual cabbages, which can be stuffed and then cut in half. Boil them for a few minutes in salted water, then set them aside until ready to fill with the following mixture: Cook vermicelli in salted water until it is tender and mix with bread crumbs which have been soaked in milk; put, in a few capers, some sweet herbs, h bit of malted butter, and mix together thoroughly with two beaten aggs. The cabbages should next be opened by cutting them in half aggregating them aggregatin

Rice Pudding.

soft under the foot like carpet, and deaden sound. Prairie grass rugs come this season with borders in soft tones. The subdued green of the rug with a border helps wonderfully to artistic effects. If you do not want matting over the entire floor, stain, varnish and a few matting rugs scattered about are cooler and easier to keep clean than carpets when the thermometer is making a century run.

for the beans, and the new variety gin sibarensis, is one of the most decorative plants for the lawn, besides being equally effective for mosquitoes.

The proper method of dusting furniture has to be learned. It does not come naturally. Girls rarely begin with a duster in each hand, which is gibsolutely necessary to success: one in the

frequently aroused to the point of trying experiments.

Here comes the rub If Jehnny is
told that it is all nonsense, that there
is no money in poultry, goats or whatthinks for him and compels him tothinks for him and compels him todrudge to certain orders until he is
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a dollar of his own, Jehnnie is
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All About the Rouse.

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