WCHAN AND HOME.

CING THE DEVELOPMENT OF HOUSEHOLD FANCY WORK

of the Raby-Care of the ger Nails-Simple Life for Children. for Humanity-Cowardies

It is quite a study to trace the development that is called women's fancy work. If die contain various enapters on leather it is die contain various enapters on leather was work, and paper flowers, picture made of beam and rice, landscapes used of pebbles, most and pieces of bark. d hearcomanic pictures. There use to be man of knitting, tatting and crochet k Every girl had to have a knitted s satting set of lingeric and crocheted.

for trumming underwear She should
how to knit suspenders and smoking s for her future spouse, times and bed-eds for her mamma, and afghane and re for her baby friends. In those days guest chamber had match boxes and the made from perforated card board tion made from perforated card board a costet, a fly catcher or air castle hang from the chandelier; worsted lamp mats juva canvas toilet sets, all in as many or as the rambow. The young lady's taket held a square of canvas being aformed into a worsted landscape, por a of a poodle, or gorgeous bunce of flow On the walls hung a newspaper basiset sufactured from old hoopskirt wires, a shell picture frame, and a most excellent shell picture frame, and a most excellent teness is crayon of some member of the

at there were some things the girl of the of produced that will always remain mut. The pressed sea mosses make just teresting a little portfolio today as when neresting a little portion of yester y graced the somber old parior of yester The dainty embroidery on muslin and scioth, the graceful vines and flowers sed out on soft flannel, the fine nem-ning, the drawn thread work, handed to us from nimble fingers of bygone are as beautiful needlework as any

berbariums of flowers and leaves d in some old book have developed into ith a flower press, and such art ar-ents as the stationers get out to conod flowers as souvenirs of different ties leather work has been supplanted ood carving full of life and beauty. The suconal worsted work has given place broidery on beautiful texture that takes art work, and is essentially mine While at vice with the grand her accomplishments with the needle in elicacy and finish, it has gained strength readth and boldness of design, of arrange of color, and warm tones and variety into war and clay modeling, and copied from unuatural landscapes, we copied from unnatural landscapes, the looks on a painted screen radiant groups of natural flowers, a silken ban-nith a lifetike bird singing on a swinging a canvar on the easel filled with nod-pansee, bits of life gleaming out here

embroideries and paintings effectively ed up into all kinds of articles for home from toilet articles to parlor nees and hangings, all the product of me fingers and fancies. There are so-of decorative art where one will find rood carvings, designs in bronze and ketches, the results of women's fancy e for embroideries and paintings, industrial association and charity for girls has its department where art

phiese is the natural condition of every al child, and if the small boy or girl peculiar facility for any one thing it is f entertainment, with certain grants: tions, of course. One of these is physi-sedom and a few rude and simple play Agreeable occupation is as great a for children as for adults, and is his almost nothing can be contributed happiness of a child.

make my children happy nother, with a sigh, one day, in t ber efforts. ptrying," exclaimed a practical frem

low is that?" she asked, dolefully y, she simply lets ber childrer gr op naturally, enly directing properly She has always thrown as far as practicable, upon their own es, taught them to wait upon them no matter how many servants she ad to construct their own playthings she returns home from an absence wait but one thing—their mother's Whatever has been brought for them ed when the needed time co exciting is allowed to them at night. go to bed and to sleep in a whole tal state that insures restful slun hey are taught to love nature, and to t there is nothing arrayed so finely ly of the field, the bees and the but there is nothing so mean as a lie, thing so miserable as disobedience; sgrace to be sick, and that good good teeth and good temper come ain food, plenty of sleep, and being

er to thrive, children require a cer int of "letting alone." the mother, few toys, no finery, od, no drugs, and early to bed, are things for making them happy .-

A Blography of the Baby.

Vilkins is mewhat is ular fair

ant custom, that I am sure would like to observe if they knew that of keeping a brief record of le. Our children's earliest years remain a blank in their memory an tell with what delight they may ars peruse the pages that may give e to the happenings of that

en looking over some rubbish in er's garret, I found a package of old ome of which had been written by to my mother when I was a and never shall I forget the

to that remarkable baby was devoured. The color of hair and eyes, weight at birth, a suggestion concerning the name, etc., all were invested with a strange charm for me; yet the facts were pitifully meager; and when my own sweet haby came, I resolved to keep for her future gratification a systematic record of her progress and achievements. To be sure there isn't time to do much at once, but I plan to write a few lines each month, even though baby has to sit on my lap during the operation.

the operation.

It takes but a few minutes, and if the darling, wher grown, shall value her baby history surely the reward will be sufficient.
Such a record could conveniently be kept in
a small blank book and in any way desired. Mine begins with a newspaper notice of baby's birth, and is followed ty a minute de-scription of the interesting little maiden. Then in order of occurrence are chronicled the principal events of her babyhood, to gether with many hopes, reflections and prayer of her mamma. When baby was a few mouths old we printed her tiny hand and foot on one page by carefully rubbing ins on their with a sponge and pressing them on the paper What would not you and I give if we today could see the imprint of our own baby

A lock of silken hair graces one page, and A lock of silken hair graces one page, and here and there throughout the history are short poems clipped from papers and magazine by way of variety, and which are of course appropriate for baby. Other features, to make the account interesting, could be added from time to time as taste or ingenuity might suggest, and the history itself could be as lengthy and complete as time and inclination permitted. But if no more than five minutes in each mouth could be devoted to this purpose I would earnestly recommend every mother to do so much for the future happiness of her little ones.—Ladies' Home Journal.

Care of the Finger Nails.

Care of the Finger Nails.

Our finger nails grow out about three times a year. They should be trimmed with scissors once a week, not so close as to leave no room for the dirt to gather, for then they do not protect the ends of the fingers, as was designed by nature, besides, if trimmed too close at the corners, there is danger of their growing into the flesh, causing inconvenience and sometimes great pain. The collections under the ends of the nails should not be removed by anything harder than a brush or a moved by anything harder than a brush or a soft piece of wood, nor should the nails be scraped with a penknife or other metallic substance, as it destroys the delicacy of their structure and will at length give them an un-

natural thickness.

We are not favorably impressed as to the We are not favorably impressed as to the cleanliness of a person who keeps his nalls trimmed to the quick, as it is often done to prevent dirt gathering there, whereas, if a margin were allowed, it would be an index to the cleanliness of the hands, from which the collections under the finger nails are made. Leave a margin, then, and the moment you observe that these collections need removal, you may know that the hands need washing, when they and the nails are bottleaned together.

deaned together.

Most persons are familiar with those trou blesome bits of skin which loosen at the root of the finger nails, it is caused by the skin adhering to the nail, which, growing out ward, drags the skin along with it, stretching it until one end gives way. To prevent this, the skin should be loosened from the nail once a week, not with a knife or seissors, but with something blunt, such as the end of an ivory paper cutter; this is best done after soaking the fingers in warm water, then pushing the skin back gently and slowly, the white specks on the nails are made by scraping the nail with a knife at a point where it emerges from the skin.

ing the unil with a knife at a point where it emerges from the skin.

Biting off the finger nails is an uncleanly practice, for thus the unsightly collections at the ends are kept eaten clean! Children may be broken of such a filthy habit by causing them to dip the ends of their fingers several times a day in wormwood bitters, without letting them know the object. If this is not sufficient, cause them to wear caps on each finger until the practice is discontinued. finger until the practice is discontinued.— Hall's Journal of Health.

A Woman Working for Humanity.

You are distributing tracts or making clothes for the poor, or visiting the sick, or throwing yourself into this cause or that movement with all your body and soul, might and main

dam, you are not doing nearly as much good as you think you are. You are only feeding and clothing a few bodies who will in all probability be just as hungry and ragged pertyear at the same date, and come to you, as usual, with their mouths and rent garments both wide open. Or, you are working to push a movement when possibly you need far more to push yourself in every direction. You are expending a vast amount of force and enthusiasm in attending exciting meetings, listening to speakers, good, bad, indifferent and all other kinds, being possibly one of the lot yourself, and you get up in the morning too tired out and fagged out to get up any interest in anything.

wonder where your strength has gone to. Why, madam, it went into Thursday night's public reform meeting. It was a part of the enthusiasm which prevailed there. You can't get up such a good time as you had here on empty benches. There must be rou can't get up such a good times you are there on empty benches. There must be people to fill them, people to talk, people to appland, people to clatter cames and boot heels when they are pieased, people to feel excited or indignant, and talk excitedly of indignantly, as the "tyrants," or wrong doers, whoever they may be, are held up to the audience's execration. People must ex-pend strength to do this. Nor can they fill up again in an hour, nor in five hours. You are one of those people. You had a good, warm, exciting time at last night's meeting, warm, exciting time at last night's meeting, and now you must pay for it. You were on a mental spree, possibly, at the temperance meeting, along with the rest, and now you feel the reaction, just the same as if you'd taken your stimulant out of a bottle.—Prentice Mulford in New York Star.

A Case of Cowardice

A woman came to me one evening and told me that a certain neighborhood was all ex-citement because of the constant and cruel citement because of the constant and the beating of a child by its adopted parenta. "They whip him constantly," said she, "and one can hear the little fellow pleading and begging for mercy between the blows." "So! And you sit around and listen, do you!" said And you sit around and issen, do your sea-actly as bad as the doer of the cruei deed." Think you the Lord is going to hold you and me guiltless, if the day ever dawns when he makes up his accounts, that we have been

such sheaks and cowards that we dared not be about his business down here—business he has left in the hands of the faithful to do?

If I were a girl and engaged to a million aire doubly endowed, who promised to keep me on honey dew and clover all the days of my life when I married him, I would break the contract and starve on a crust if I found him out a coward, for of all things detest able in the sight of good women and angels, a flunk is the worst. And what is any man better shan that who stands around with his hands in his pockets and watches, without protest, a brute pounding a horse! And what is any man or woman but a partaker in the crime who allows the inhuman beating of a motherless child in his or ber hearing, and never lifts a finger to interfere! Up, with you and find your birthright to a soul! Off with the habiliments of men if you have the natures of mice! Do not masquerade any longer as human beings when you put humanity to shame! If God had intended you to carry yourself in the world as an oyster he would have put you in a shell and planted you underneath the tides of the sea.

it is at comparatively small expense that the average housewife must adorn her nome A multitude of magazines and books are urging her on, giving directions how to make coverings and ornaments for every article in every room from garret to cellar.

Lilding the nails and the door knobs, making tine took like ebony, and common earther, ware like choicest Sevres. How false! how rulgar! what a sham! Home made decora tions are like home made gowns, they serve a purpose, but show the lack of ar artistic hand. In nine cases out of ter they are crude, inelegant, and in the end expensive. crude, inelegant, and in the end expensive. They do not make your home attractive. If you have not the qualities of mind and heart that will keep your boys off the street at night, they will not be stayed by a hand-painted milking stool tied with a yellow suin bow and a Turkish scarf across your center table, if you have not for your friends a gracious welcome and hospitable cheer they will not come for the frippery in your drawing room.

Was there no virtue in the substantialness and simplicity of the old fashioned parlors.

Was there no virtue ir the substantialness and simplicity of the old fashioned parlord is not the personality of a room ofttimer its greatest charm. Are not pretension and cheap ornamentation as much out of place in your bone as they would be in your attree. Then away with all these superficialities! Sweep out the whole array of times and fringe and rags, ornaments that are no ornaments, that pervert the taste, that destroy the dignity and character of a home, making, it dignity and character of a home, making it look more like a curtosity shop than the dwelling of refined, cultured people.—Dora V. Stoddard in Goo' Housekeeping.

A Child's Hunger for Love

Delays are always dangerous, but never so irredeemably as in the case of loving words or deeds. It always proves impossible to speak to-morrow exactly the cordial or affectionate word which today demanded of us. A mother whose child had died suddenly accepted with great that

A mother whose child had died suddenly was so entirely prostrated with grief that some of the too officiom triends asked her to consider if her sufferings were greater than those of others who had lost friends.

""The is not the same, it is not the same!" she criea. "My little gur! was different from other children, she was so loving! She used to come to me and beg me to kise her, or take her ir my lap for a minute, and sometimes I was busy and told her to run away and play. "I nurt her little heart. I made it shut up its little leeves wher it ought to have been coaxed open by the sunshine. I shall never forgive myself."

She never did forgive herself, and though she was almost pathetically loving to the children who were left, no lapse of time could ever eras from her mind the memory. of that little girl who was bungry for love

Some young ladies who have attended cooking schools during the winter have col lections of their favorite receipts. The little trated in water colors, are quite unique. The cover of one has a picture of still life, apples, outs, raisins and a glass of wine, while another has the portrait of a dainty cook, with sleeves rolled above the dimpled elbows and tumbled curis peeping out from beneath a lace frilled cap. In one book which I was permitted to fook at the picture that filus trates salads is a lobster and lettuce leaver beside a pot of mustard and bottle of pepper with a teaspoon lying near filled with sait. Slices of lemon and curied lettuce leaves form a border, in and out of which receipts are written in rhyme. The picture of a

art Curious little designs accompany each receipt, and the pretty affair shows so much skill one naturally wonders if the same hands can produce a real appetizing dish of escal loped oysters or an old fashioned apple pia.—

Against the "Crazy" Quilt.

Against the "Cray" Quite.

If I was a woman and had nothing better to do than to sit down and cut acraps of silk and satin velvet into pieces and then spend nours in sewing them together again into a "log cabin" or "cray" quilt, I'd—I'd—well, I'd make clothes for a few of the ragged, dis-

who swarm in all cities and are often found in small villages. A woman could read the entire works of Dickens, Macaulay and Hume, and keep up with all the leading magazines of the day in less time than it takes to make one "crazy" quilt; and they are night-marish sort of things when done. A white spread, costing \$2, will give any bed an infin triely more elegant and restful appearance.

This is a man's view and may not count for much.—Zenas Dane in Good Housekeeping.

Hive syrup is good for croup or inflan tion of the lungs. It must be kept in a cool place, for if it sours it is very poisonous.

cups and saucers caused by tea and careles washing. A teaspoonful of salt in each kerosene

lamp makes the oil give a much clearer, A tablespoonful of turpentine boiled with

your white clothes will aid the whitening Remove spots from furniture with kery

Keep cheese in a tight tin box.

eep down in a heart over which tem Sing of the brave that fall in the fit Waged against conscience and for

night:
Then sing of the right—sing of the wrong:
Let the buds in your soul blossom in song:
Sing of the lowly—sing of the great—
And so go up singing to God's golden gate!
—John Ernest McCann in New York Graphic

A Very Useful Substance

The material known as woodite, devised by Mrs. Wood, a clever Englishwoman promises to become a very useful substance its chief ingredient is caoutchoue. During its chief ingredient is caouteboue. During the past few monthsit has given good results for a variety of purposes, and is now declared to be especially adapted to many other uses. According to Sir Edward Reed, M. P. it that been produced in divers forms, such as line sheets and ribbons for waterproof articles, dense blocks for resusting the blows of shot or shell, and very satisfactory rings for engine packing. One process converts it into an elastic, sponge like substance, and an other, in which it is mixed with whalebone cuttings, gives it a rough of rictional quantity. cuttings, gives it a rough or frictional quality for mats. Some curious naval application have been worked out. It is made into armoplates, which on being penetrated by a sho close so tightly that no water is admitted and it is also formed into light and convenient cylinders for carrying compresse air to drive life boats, torpedo boats are scout boats, while it is suitable for making floating or partly floating cables for protection against terpedo attacks, etc.—Frankleshe's and it is also formed into light and co

Causes of Nervous Irritability.

A prominent physician is quoted as saying "Were I to give the true reasons at the roo of the growing inferiority, nervous irritability and insanity, which are sapping the eigor of the time, they would be two things the want of proper food by all classes and the sedentary training, or want of training among young people." There is a good deal to be said in favor of the military training of Prussia, for our own boys nowhere get a of Prussia, for our own boys nowhere get a better physique than at West Point; but the old style, which is yet the very common style, of education involves our young people in sedentary habits. We are a nation of sit-ters, and not of walkers, and are taking the sers, and not of walkers, and are taking the consequences in the way of stagnation and ongestion. Heart disease and brain disease and lung disease and kidney disease and ther congestive diseases follow too luxurious sating and inanition.—Globe-Democrat.

A Good "Recommend."

A stranger from the interior entered a De-roit wholesale clothing house the other day and stated that he was looking around for a etail stock. After being welcomed he wa-isked concerning his financial standing and

e promptly replied:

"Maybe I doan' haf some rating in der
soks, but I can recommend myself. I vhas
sured for \$2,000, und I burns out und got er money in my pocket."
"Then you didn't loose?" queried the whole

"It vhas a cold day, chf" absently replied ne man as he looked out upon the winter cated pedestrians.—Detroit Free Press.

Martha Washington's Complaint.

Benson J. Lossing, LL. D., the distin-nished historian, writes in a Washington ewspaper of a conversation he had in 1848 ith Alexander Hamilton's widow. One in oth Alexander Hamilton's widow. One ineresting remark made by Mrs. Hamiltonras one in reference to Martha Washington's
lishike for society. "Mrs. Washington, who
ike myself, had a passionate love of home
and domestic life, often complained of the
waste of time' she was compelled to endure.
They call me the First Lady of the Land,
and think I must be extremely happy, she
vould say, almost bitterly, at times, and
dd: "They might more properly call me the dd: 'They might more properly call me the

Readers of Bad Books

My own conviction is that the objection ble books published in France are far more atronized by foreigners than by the French hemselves, for I can never come mong my French friends, a man who has ead them. M. Zola's books are read, I ad uit, not, however, because they are objection ble, but because they are written by a trans We read his too ofter epulsive details for the sake of the masterly enius displayed in the handling.—Max FRell in Cosmopolitan.

The Rights of Inventors.

It is an easy matter to prove that there is othing new in the world, and it has come to the fashion to belittle about every invenion made, by showing that something in some espects like the thing invented has been mown of dreamed of before. As a general hing these rusty resemblances are matterof very little consequence. They go to show that some one has tried to accomplish a cer-tain purpose and has failed, his failure result-ing in no beneal to the public.

A business man of South Florida adopts A Dusiness man of south Florida adopter this novel plan to keep drummers out of his place, and he says it works admirably Every morning he places a plug hat and sachel on his counter. As soon as a drummer comes to the door and looks in he sees the pring hat and sachel, and he goes off, believing that another one of the craft has that ground already covered.—Brooklyn Eagle. Damp salt will remove the discoloration of

Work for Women.

A London jeweler recommends diamond cutting and polishing as an excellent em ployment for women, saying that he believes that any woman or girl with quick intelli gence could learn to polish a diamond "very fairly in six months."—New York Sun.

A young Madras Brahmin, married, in a communication to The Indian Magazine. speaks of his marriage as "the eternal anot of sorrow tied."

WHAT WE SHOULD EAT.

WHAT PROFESSOR AT WATER SAYS ON THE SUBJECT.

food of the European Wageworker-A Question of Nutritions Diet-Prop tions of Natriments in Various Articles

of Food—Important Facts.

The main difference between the diet of people of moderate means here and in Europe is that the people here eat more meat and other animal foods and more sugar. The European wage worker usually has but little meat, butter or sugar. In England he often enjoys a richer diet, I suppose, but on the continent ordinary people, live mainly upor the cheaper vegetable foods. Meats and fish supply a good deal of protein and fat. The fats, including butter, are rich in energy, and sugar supplies more energy than most vegetable foods. While the energy in the working people's dietaries in England, France, Germeny and Italy, as reported by Playfair, Moleschott, Voit and others, ranges from 2,500 calories or less to a maximum of 3,700, those that I have found ir this country range from a minimum of 3,500 to 8,000, and eveningher. The differences in the protein in American and European dietaries are similar, though not quite as large. Without doubt we waste more of our food than the Europeans do, but the amount which we do eat is vidently very much larger. And toough inched to the evidence seems to me to imply very clearly that we must keep on enting more than our transatlantic brethren if we are to keep on working as intensely and as productively as we now do. The question of are w keep on working as intensely and as productively as we now do. The question of high wage and short bours is largely a ques-tion of nutrition diet. Meat, eggs, milk, butter and sugar can be had, when there is

then of nutricous diet. Meat, eggs, mile, butter and sugar can be had, when there is money to pay for them. They are tooth-some, and hence people who car get them ast a great deal. They are easily digested and rich it proteit and energy, and hence sustain a high degree of artivity.

The standards for proportious of nutrients help to explain why we need combinations of different food materials for nourishment. Almost any one kind of food would make a one sided diet. Suppose, for instance, a workingman is restricted to a single food material, as beef or potstoes. A pound and thirteen ounces of roast beef, of the composition here assumed, would furnish the required 125 grams 0.28 lb.) of protein, and with it 0.28 lb. of fat, but it has no carbohy-drates. Yet nature has provided for the use drates. Yet nature has provided for the use of these in his food. Three pounds of corr med would yield the protein and with it a marge excess of carbohydrates—over two pounds. A pound and three-quarters of codrish would supply the same protein, but it, would have very little fat and no carbohynsb would supply the same protein, but it, would have very little fat and no carbohydrates to furnish the body with heat and strength. Potatoes or rice would have even a greater excess of the fuel which the beef and fish lack than has corn meal. Assuming that the man needs 5,500 calories of potential energy in his daily food, the one and three-quarter pounds of salt codfish which would furnish the needed protein would supply only 540, while to get the needed protein from the fat pork would require 9.8 pounds, which would supply 734 pounds of fat and over 32,000 calories of energy!

S2,000 caiories of energy!

Putting the matter in another way, we might estimate the quantities of each material which would furnish the required energy A ration made up exclusively of either kind of food would be as one sided in this case as before. The fish would be mostly portein, the fat pork nearly all fat, and the potatoes or rice little else than starch. With almost any one of these food materials, in quantities to meet the demand of his body for heat and muscular strength, the man would have much more or much less protein than be would need to make up for the consumption of muscle and other tissue. If he were obliged to conflue himself to any one food material, oatmeal would come about as near to our standard as any. Wheat flour with a little fat—in other words, bread and with a little fat—in other words, bread and butter—would approach very close to Voit's standard for European working people, with chiefly vegetable diet, but it would need a little meat, fish, eggs, milk, beans, pease or other nitrogenous food to bring it to the proportions that the American standard calls for.

Rice, which is the staple food of a large portion of the human race, is very poor in protein; beans have a large quantity. The different plants which are together called pulse are botanically allied to beans, and are similar in chemical composition. We have here a very simple explanation of the use of pulse by the Hindus with their rice. The Chinese and the Japanese, whose diet is a most exclusively vegetable, follow a similar

The codfish and potatoes and the pork and beans which have long been so much used in and about New England form a most eco-nomical diet; indeed, scarcely any other food available in that region has supplied so much and so valuable nutriment at so little cost.
The combination is fikewise in accord with
the highest physiological law. Half a pound
each of sait codfish and pork, two-thirds of a would together supply almost exactly the 125 grams of protein and 8,500 calories of energy that our standard for the day's food of a workingman calls for.—Professor W. O. Atwater in The Century.

The Rev. Clinton Locke is a humorist. Not ong ago a worthy couple came to him, bear-ing between them a babe of exceeding tender

"We want you to baptize her," said the "What name have you decided upon?"

asked the reverend gentleman.
"Alas, sir," answered the father, dismally, we have not decided. Had the child been a

be? we should have named him Benjamin. A favorite name of mine, sir, is Benjamin." "Yes, and of mine, too," echoed the

"But it is a girl," said the father, wofully. "And we don't know what to call her," added the mother.

"Cheer up, my good sir," cried the saga-cious pastor, "and you, too, my good woman; be not cast down in spirit. We may yet find some way of applying to this child the name you so much prefer."-"Sakes alive?" cried the father, "we can't

"Nay, nay—very true," answered the holy man, softly, "but we can name her Bea Hur"—Chicago Naws.