

WHOLESALE DEALER IN-

WINES

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237--239 East Main St., ROCHESTER, N. Y.

TELEPHONE 557.

RONDOUT N. Y., Dec. 17. - Marius Fleetwood, a mulatto, took Mrs. Thomas Dubois, also colored, to the theater Tuesday night. This episode occurred with quence out the knowledge or consent of Mr. Dubeis, who, when informed of the occurrence, became insanely jealous. At midnight he concealed himself in a

doorway on the principal thoroughfare, and as his wife drew near with Fleetwood emerged from his hiding place and prohimself in a house for safety. Yesterday, however. Dubois succeeded, in gaining entrance, and discovering Fleetwood, sprang upon him with an ugly razor and ent a gash in Fleetwood's side a foot long.

Trumpbour Can Get Bail.

KINGSTON, N. Y., Dec. 17.—A sufficient number of sureties have been found to sign the bond for the liberation of Matthew D. Trumpbour, the defaulting asmistant treasurer of the Ulster County Savings institution, and an application will he made today before Judge Edwards to accept the sureties. Applica tion will also be made to reduce the bail of James Ostrander, the defaulting treasmrer of the same institution.

Tobin's Trial Begins.

AUBURN, N. Y., Dec. 17.-A jury has been secured in the case of Conductor Tobin of Syracuse, charged with man-Rianghter, and the examination of witnesses began vesterday. Tobin was in their last captor, have neither permanent charge of the Central-Hudson train which was wrecked at Montezuma last August. are literally of no account whatever. Such Fifteen Italian laborers were killed in the wrock. The most important witness gworn was Engineer Whitcomb, who was reaning the fatal train.

John Hoev Will Settle.

NEW YORK, Dec. 17.—The Evening Telegram says: "The famous case of the Adams Express company against its former president, John Hoey, who is might the terms of the settlement will be Telegram is unable to say, but that they

Guilty of Contempt. NEW YORK, Dec. 17.—I imothy Donovan Phillip C. Reilly, inspectors of election in the Second assembly district, have heen adjudged guilty of contempt by Justice Lawrence of the supreme court. who orders that they be imprisoned ten days and fined \$250 each. They disobeyed orders of Justice Lawrence, directing at the entrance to the elevator. "I somethem to receive votes of Messrs. Tower, times think I will have lists made of abso-Curtis and Burke.

They Only Got \$1,700. CHICAGO. Dec. 17.—The postoffice authorities said vesterday that the five highwaymen who "held up" the driver of mail wagon Tuesday night, secured ers. The price of each article could be 1.700 in greenbacks and gold. Several men have been arrested on suspicion and ex-convicts are under surveillance. but the police claim to have no promise of cine to the real robbers.

FLOWER'S STAFF APPOINTMENTS Those Selected by the Newly Elected Gövernor.

list of his staff appointments: Adjutant General-Josiah Porter. Inspector General—Colonel McGrath of

Judge Advocate General A. F. Jenks of Brooklyn.

Sargeon General-J. B. Bryant of New

Chief of Engineers—Palmer Rocketts of Chief of Artillery-Ferdinand P. Earle of New York

Quartermaster General—William West of Hamilton. Paymaster General-Frederick K. Halev of New York. Commissioner General of Subsistence-

George D. Sandford of Peekskill. General Inspector of Rifle Practice Benjamin Whitlock of New York. Aide-de-Camps-Jacob Ruppert of New York, John McGee of Watkins, Thomas E Sloan of New York, Charles S. Rogers of Hudson, W. L. Davis and Robert Grier

Monro of New York. Coater Still Getting Better. WASHINGTON, Dec. 16.—Secretary Fos has improved so much that Dr. Hamattending physician, left yes-



HEALTH OF THE AMERICAN GIRL A Woman Physician Says She'll Hold He

Own for Some Time to Come. The health of the American girl is perennial subject that flourishes like a green hay tree. Everybedy can write about it and everybody does, the result being a mass of Pecksniffian literature. What savages do and what early peoples did are constantly quoted. And the dark hint goes round that the times are out of joint because similar conditions do not now pre-

The reign of ignorance and superstition is deplored by those who ought to know better. Because the American girl learns the modern alphabet, her doom is supposed to be sealed. It is feared that man in America will shortly be without a fitting mate and life cease to be delicious. Genial and otherwise delightful specialists are quoted and misquoted in all their trite half truths, old books are consulted, and everything doleful is put into a paper that could not be bought, yet which appears. It is not situation passes muster.

The study of young women by the average practitioner is about as valuable as would be the study of botany from dried plants. Everything is there except the life of the subject. This absence disturbs not the serenity of the ingenious theorist, who tells us too often that in spite of the invigorating influence of intermingling of race, of favorable hygienic possibilities in the United States, of healthful liberty that everywhere prevails in this country, the American girl is by no means what she should be physically. As a saving grace and novel discovery, the woman of civilization is drawn into the discussion on the ground that she fails to compare favorably with man in point of strength and is thoroughly unworthy in conse-

The question of any deterioration in the American girl is quickly settled by an appeal to trade, to simple dollars and cents. The venders of ready made garments state that small women who formerly found a perfect fit in styles manufactured for girls soft pine boards. With their absorbent of sixteen are now wearing fourteen-yearseeded to thrash his wife. Fleetwood at old sizes. Naturally these women have not grease is quickly converted into an unonce took to his heels and escaped, hiding decreased in height and weight. It is the American girl who is larger. Sense and maiden of today is the outcome of this Times. improved and nobler way of living. Med-He then attempted to escape, but was apical tears may be shed for professional sins, negligence and offenses, but not for the American girl, who is likely to hold her own for some time to come.

And now a word for the woman of civilization, whose muscular fibers cause so much anxiety, for the microscopic view of life tends to destroy all sense of proportion. Since the chief end of civilization is to specialize the individual, to increase power and usefulness by training inherent quality in order to insure variety of aptitudes in perfected form, is it quite rational to flout modern femininity with the fact that it differs materially from the other half of the world?

Only among savages are men and women much alike physically or in mental characteristics. This kind of equality exists under conditions wherein women perform the most uninspiring drudgery, belong to homes nor rights over their children, and are the good old times, the late lamented paradise of the ages known as long ago. One of the evidences that the world is growing better every day is that men and have different aims, motives and point of view different needs and natures requiring different satisfactions. Out of this difference grow wonderful possibilities of progress and real happiness. To compare charged with taking from the company the girl of the period with man, American 2709.000. is about to be settled and by to- or otherwise, is a senseless proceeding that denotes ignorance, and today has ceased to made public." What the terms are, The allure by the charm of novelty. There are many interesting medico-social subjects of are favorable to the company there is no investigation, but the health of the American girl is not one, unless based upon facts.-Louise Fiske Bryson, M. D., in New care, to tender caresses and sweet words of York World.

Infants' Clothing.

"So many women seem to have no definite idea about what their infants require in the way of wardrobe," remarked the forewoman of an infants' furnishing department, as she turned from her customer lutely indispensable things, and of those articles which fairly well to do babies are supposed to need; graded lists with luxuries and comforts and bare necessities. I think such lists would be a great convenience and help to busy and perplexed mothaffixed, and women could study out their needs at their own pleasure. An infant's outfit need not be at all expensive, if one is satisfied with plain and simple things, and they are so much more desirable, for little babies especially. If I had my way no infant would wear a dress or slip with embroidered neck and sleeves. I would trim all of the first suits with fine, narrow Smyrna, torchon or thread lace. Plat val WATERTOWN, N. Y., Dec. 10.—When is very pretty if carefully laundried.

seen by a Press representative yesterday "Six little slips made of Berkley cambric relect Flower gave the following or nainsook are enough for a first outfit: three or four nightgowns, three petticoats each of flannel and muslin, four or six little shirts, two bands of knitted wool. and four of plain, fine fiannel, one or two blankets or square shawls bound with ribbon or silk, several bibs and one dozen

> napkins. "Little sacks of crocheted wool or flan nel with embroidered edges are often the gift of some deft fingered relative, or

> may be had at the furnishing stores. "It is a great mistake to put elaborate and expensive garments upon very young infants. They should be dressed solely with regard to their own comfort and health, and should be permitted to have lmost uninterrupted rest and quiet. Babies who are continually on exhibition are certain to be restless, cross and diffi cult to manage."-New York Ledger.

How Two Women Kept Their Umbrellas. A voung woman who had half a dozen times either mislaid or been robbed of her hest umbrella finally concluded to try an original way of keeping it. She had a new one made and mounted on an ivory topped stick. Then she had the heavy piece of ivory carved into an excellent counterpart of her own head and face. No one looking if the world were started now on a new at the bit of ivory work for an instant could plan, and peopled altogether with the mid-

and the head on the handle. Her friends time through the impetus of custom. predicted that the beauty of the handle would only add to the inducement to steal, for the head and face were exceedingly beautiful and the shrewd young woman knew perfectly well that they were when she ordered it. But the strange part of it was that it didn't. For six years the owner has carried that umbrella, through rain or shine, having a new cover put on when necessary, and only once has she missed it. That time she left, it standing in a shop, and before she had made the rounds of the place a polite floorwalker had returned it to her with a smile.

"I can keep my umbrella just as well as that and not have it cost me half so much, either. " said her best friend when she saw the new umbrella. "I can be ingenious. tod, and I'm not proud," So just inside the edge of her new umbrella she cut a round hole as big as a half dollar. It did not hurt the usefulness of the article the least bit in the world, but it did impair the desirability of it sufficiently to keep the other members of the family from carry ing it off, or from the mistakes of the casual persons in the shops. This ingenuity excited much curiosity, but the young woman found it so effective that she carbut the hole.—New York Sun.

Tin Covered Kitchen Tables.

Housekeepers who never had a tin covered table for kitchen use are still unacquainted with one of the most valuable articles of domestic economy. It is never too late to get one, however, as an ordinary arranged, for it happens and is always by a kitchen table takes kindly to the metal man. Strange that the incongruity of the cover. Get the tinsmith to fit a sheet of tin on the table and perforate the edges for tacking. The tin should cover the thick ness of the board top, that it may be tacked on the underside of the table. A table so covered needs no scrubbing, is impervious to hot kettles, sheds grease as the proverbial duck's back does water, and in fact cheers the heart of the kitchenmaid more than anything on earth, except her wages and her "company."

The woman who does her own work should not let another dawn find her without one if she is not at present rejoicing in it. Said a wise family man the other day, "Amything which simplifies the domestic labor of the hausehold should be regarded as of distinct lancht to mankind," and he was speaking of a tin covered kitchen table upon whose virtures his wife was dilating.

A fair and chean substitute is found by bune. covering tables with the marbled cloth sold sometimes for washstands and children's bibs. It was Mephistopheles himself who designed kitchen tables out of and spreading qualities a tiny drop of sightly blotch, and a hot handle or kettle

Some Home Cures.

Since we are adopting so many of our grandmother's ways of cooking, why not go back to the old way of gathering herbs to be used for trifling ailments, instead of calling a doctor whenever one of the familw has a cold or is a little nervous? Every garden should have some space for herbs. Catniplis excellent for nervous headache. colds, slight fevers and colic. It is also good to put in poultices for boils and other painful swellings. . Sage is good for fevers,

nervousness, sore mouth or sore throat. An infusion made from the root of a plant called pleurisy root is excellent for colds and slight affections of the lungs. To prepare it grate the root, pour boiling water over it, let it steep a few moments and drink it freely. Wormwood is another good of fashioned herb. A simple tea of it is good for children who are troubled with worms. The leaves, steeped in vine gar, make excellent applications for sprains. neuralgia and peurisy.

A most excellent cough sirup may be made by steeping a handful each of hoar hound, smartweed, thoroughwort and white root, or pleurisy root. When women cannot now be compared. They steeped, strain, sweeten with loaf sugar and set the dish on the back of the stove until the sirup is stewed down to the or dinary consistency.

For summer complaint and diarrhoea use lettuce roots, blackberry roots and the leaves of the red raspberry bash. Horse radish leaves bruised, and the under side applied to the flesh, make a good substitute for mustard plasters.—Housekeeper.

How Children Are Spoiled. The little ones are entitled to loving

endearment. It is only when love becomes injudiciously indulgent that the process of spoiling begins. It is so pleasant and easy to give way to little exactions, to laugh at the naughty, yet winsome actions, that the rosebad is surrounded with prickly thorns. the kitten's sharp'claws are grown before we awaken to the fact that our own preclous darling is a high private at least, it not a commanding officer, in the great armylof enfants gates. It sounds better in French-the foreign syllables are less downright—but there is no softening the hard reality away.

And then, with a remorseful conscious ness that it is our child who has become a "nuisance"—the favorite term applied to the spoiled children of other people-we enter hurriedly and energetically upon the task of rooting up the noxious weeds which are choking the growth of all that is sweet and attractive in the youthful character. And with a sigh of contrition we deplore our own failures and resolve to be more vigilant. We will not, we must not, let the little darlings be ruined by our inefficiency. And so, taking courage, we beginfover again, looking cheerfully forward to the days when, as grandmothers, ve can exercise the privileges of that dig nity and spoil to our heart's content,-Harper's Bazar.

The Little Children of the Race. The little children of the race are intellectually more respectable than the majorty of its adults. To be sure, it is their attitude and not their achievements that makes them so; but in estimating the human being as a mind rather than as "a screw in the social machine," who can help thinking the attitude more important than the achievement? The abounding intelectual curiosity of children and their continual feturn to the biggest and deepest questions—the origin of things, the sources and ends of being these are what make them superior. What if the questions can never be absolutely answered? Is it not infinitely more respectable to have them earnestly in mind than, accepting some mumbo jumbo reply, to dismiss them altogether and to devote existence wholly to the frivolities we call business or pleasure damental raison d'etre but his power to to undertake the duty. call us to a degree of the serious reason Upon my word, I sometimes think that

if the world were started now on a new

would die out all over the world from this simple lack of interest in the questions it is, the children force us to keep some sort of theory of existence furbished up.-Miss Roseboro in Century.

Cleaning Windows and Paint. To make more easy the cleaning of windows and int get a large sponge, such as is used to wash carriages, and chamois akin and go to work. Use lukewarm water. Wash off the windows, glass and frames thoroughly with a sponge, then with the skin wipe them off, and no rub bing will be required. Proceed the same with the painted work about the house and you who try it will find your paint and windows never looked so well before. Wring the chamois as dry as you can each time you use it. One advantage of this method over the old way of cleaning is that no lint is left on paint or windows.

A handy thing to have for the window corners is a toothbrush to take dust or fondant, one has overcome the chief obdirt out. If the paint has been white and turned vellow take a little soda on the dies at home. It is not difficult; it simply sponge and rub over it, washing off with requires care and exact attention to de clean water, and you will be surprised to tails. Use a new marbleized saucepan, if ried the timbrella until little of it was left see how much better it will look. Or if you do not possess a regular sugar boiler the window sill has any grease spots upon of copper lined with tin, for those experi-It spread the soda thickly over them; then kenced in the matter say it serves the pur scrub with soap and water. One or two pose just as well. tablespoonfuls of ammonia added to a pail of water will clean windows better than soap.—Hall's Journal of Health.

Washing Soda Saves Labor.

A writer has defined dirt as "matter out of place." This applies with double force to the grease of the kitchen, which is too often allowed to accumulate on the sides of the sink and on dishes. Properly used this grease is invaldable in making soap. By cutting the grease in the sink and on the dishes by the use of some very powerful alkali like potash or soda, we make a substance, which, if not a soap, contains the component parts of soap, and at once assists as a cleansing agent. A keg of "washing soda" should always be on hand near the sink so that a little water with a lump of soda may be thrown in spiders or griddles or in any other utensil that has become greasy from cooking. After a few moments' boiling all the grease is eaten up by the alkali, and when the mixture is thrown down the sink it actually acts as a means of cleansing instead of choking; paste which resembles lard. up the pipe with grease.—New York Tri-

Sweetening Toil,

Women have been forced into the field of active, paving labor, but there are few wage earners among women who do not sweeten remunerative toil with unpaid

Enthusiastic crusaders on the lookout sears its indecible mark across their sur- for wrongs to champion had better survey hygiene in the home during the past twen- face. They were made certainly to be the home field first, and having done what oring the last half of the fondant used ty-five years have had marked results. The | covered. Her Point of View in New York | is demanded of them there may sally forth | with cochineal or with raspberry juice, belance in hand and banner upraised. For ing careful not to use more than three or indeed, whether they encounter giants or four drops, as it will thin the syrup too windmills, they have the inspiration of a much. good cause in fighting under the banner of

But they should understand that while their attitude is a tribute to work it is not real work, and rarely takes in the point of view of the worker, which is the important thing for any movement that is to be Own Resources." Jenny June.

Women as Doctors. To go back as far as the end of the Thir teenth century, a woman named Protula was professor of the art of healing, at the University of Palermo, and an old certificate in the archives of Paris shows that it was a woman who was called upon to prescribe for Louis IX on his return from the crusade. In the Seventeenth century Oliva del Sabucco, a Spanish woman, was con sidered an excellent doctor, and a hundred years later Anna Manzolini, an Italian was professor in a medical college in Milan Two other well known women doctors were Barbara Weintranhein, a German woman, and also a Swedish woman named Christine Erxbelen. In these days the United States boasts of more women doctors than any other country. England follows next.—Philadelphia Press.

A Woman with a War Record. The most interesting character in the Cherokee Nation is Mrs. Stella Christian who donned male attire and fought brave ly in the Confederate army during the rebellion. She was wounded at Elk Horn farm, and her sex being discovered she was discharged. Later in the war she served again under General Marmaduke. Subse quently she married an Arkansas farmer and is now the mother of nine boy war riors.—Exchange.

A Woman's Two Husbands. Just what a young woman can do when she sets her mind to it is shown by the achievement of a good looking widow near Oshkosh, Wis. Her first husband's name was Mayd, and when she married again it was observed with some reasonable surprise that she had become Mrs. Wyffe. Having been maid and wife she is now a widow.-Yankee Blade.

One of the most useful articles in a household where there is much dressmak ing done at home is a wire skirt form which may be extended to represent any size of the waist line or the hip. The waist form has not proved especially practical, but the skirt form is almost invaluable.

Mlle. Leclerc, after passing a rigid exam ination in Paris, was admitted into the brotherhood of full fledged apothecaries. Although there are plenty of woman doc tors. Miss Leclerc is the first woman apothecary.

The heartbroken empress of Austria care nothing at all for dress, but spends her leisure hours in the study of modern Greek in which language she converses well with a Grecian attendant who is always with

One method of softening hard water is to put four quarts of ashes into a bag and boil in water for an hour, and pour the lye into a barrel to be used in washing. The water will soon become clear.

Lemon juice will whiten frosting, cranberry or strawberry juice will color it pink in order to adopt them.—Ella Wheeler Wiland the grated rind of an orange strained through a cloth will color it yellow.

One of the most popular men in Dayton, O., is said to be Engene Winchet, who is half fare on his street railway.

If a mother cannot nurse her baby she or learning? What else was Carlyle's fun- to her physician. It is never safe for her

Only an old wooden dolly, With an arm and a leg a-missing.

The point of her nose rubbed off, I a pose.

Through too much washing or kissing.

In a frock of faded satin. With tinser lace tarnished and tattered: Her "coal scuttle" bonnet holds, alas. A head that's a trifle battered. Oh, ho, she has not lost her locks: She never had curls black or golden:

A doll's wig was safely painted on In the days that you call "olden." You laugh and think her "too funny:" Yet once she was just as much cherish As your dolly is-by a wee girl Whose dolly days long ago perished. -New York Advertiser.

HOMEMADE CANDY.

One May Be Sure of Getting Delicious

and Perfectly Harmless Sweets. When one has once mastered the boiling of sugar sufficiently to make a successful

stacle in the way of making French can-

Put two pounds of sugar and two cups of boiling water in the saucepan with a speck of cream of tartar the size of half a pea. Stir it till it nielts and then let it alone, but watch it. Let it boil ten minntes after it begins, then test it. To do this lift up a drop gently, without disturbing the rest, upon the tip of a spoon and drop it into a cup of ice water. If it dissolves in the water the sugar has not boiled enough. If it drops to the bottom of the cup undissolved and you can pick it up and roll it around between your finger and thumb and it forms a creamy little ball that does not stick to your finger, it is

If it is a hard, brittle candy it has boiled too long. A teaspoonful of water must be added to the sirup and it allowed to boil up again. If it is a sticky ball it must boil a little longer. Then try it again. When it is just right remove it from the fire and allow it to become cool enough so that you can bear your finger in it. When thus cool beat it with a spoon until it forms a

Work it with your hands and set it away till you need it, or use it at once, as you choose. In either case it must be put in an earthen iar and set in a pan of boiling water to melt. If you wish to make cream walnuts have greased papers ready, take walnut kernels one by one on the point of a needle, dip them in the melted fondant and lay them on greased papers, which must be ready prepared. Part of these walnut candies may be made pink by col-

Blanched almonds, candied cherries, citron and raisins may all be chopped together and stirred in a fondant and poured out on greased papers to make a bar of tutti frutti candy. Cocoanut balls are ornamental as well as a delicious confection. Grate a large cocoanut and add to truely helpful to them.-"Thrown on Her it the amount of fondant given. Take out about one-third of the mixture and form it into balls about the size of peaches. Divide the remainder of the fondant into equal parts, and color one yellow with saffron and the other red with cochineal. Of

these form balls of red and yellow of the same size. Little white ribbons may be introduced into the balls while they are soft, but colored ribbons had better not be used, as no one can be sure of the ingredients in the dye, which may penetrate into the warm candy.

If the fondant should grow too hard during this long process set it back in the kettle of boiling water and let it melt out again. It is well to keep it standing in warm water, but not on the stove boiling, while you are working with it.

Chocolate creams may be made as follows: Make a fondant of about a pound of sugar and six tablespoonfuls of thick sweet cream. Let it boil till the syrup forms a soft ball when it is dropped in ice water and rolled between the fingers. Treat it exactly as the other fondant is treated. Make it into little balls the size of cherry stones. Melt half a pound of chocolate by scraping it, stirring a teaspoonful of warm water in it and heating it until it is a thick paste. Dip the balls of fondant in the melted chocolate, one by one, from the point of a needle. If they are so sugary that they break when the needle touches them the fondant is too hard. They should be a soft ball, and just covered, no more, with the chocolate, so as to form a thin mask over the fondant balls. To make marshmallows dissolve half a pound of gum arabic in a pint of water, strain it, add half a pound of sugar, stir

till the sirup is as thick as honey; then pour it gradually over the beaten whites of four eggs. Stir till the mixture does not stick to the finger. Dust a pan with starch, pour the marshmallow mixture into it, dredge it lightly with powdered starch, and when it is a little cool cut it in squares; when it is cold it is done.—New York Tribune.

One Form of Vanity. The sweetest wife and mother in New

York said to me the other day: "When any one I know is rude or unkind to me I am sorry for that person, but I do not take the act as personal. I attribute it to ill health or lack of training, but I never permit myself to think that I can be hurt by it. When any one is kind and thoughtful. however, I take it as a personal compliment and mark of special favor I suppose it is a very egotistical way of looking at things, but I get a great deal of happiness out of my vanity. I go through life never feeling slighted or insulted or wound ed, and am constantly delighted with the goodness and sweetness which people bestow upon me." As I listened to the fair lady's words it

seemed to me that such vanish as hers was a most desirable quality to possess, and I wished there was more of it in the world. I know another woman who made it a rule early in life to only notice other people's faults to avoid contracting them, and to carefully notice their graces and virtues cox in Washington Post.

A Sensible View of a Condition. professions whereby they can make provisions for themselves. It is this swelling

The sural n unon the brain of the suite depends greatly upon system or the want of it in the educational process. We think that more children break down in study for want of properly adopted educational methods than from any other cause. The brain was formerly believed to reach its greatest development at about the seventh year. This is now, however, known to be incorrect, and the maximum individual weight is not met with until at or shortly before the twentieth year. But the brain at seven years has grown so far as actually to reach in the male five-sixths and in the female ten-elevenths of its ultimate weight This would seem to indicate that by that time it has matured so far as to be able to fulfill its functions with ease. It is not wise generally speaking to set a child to study of any kind, even the simplest, be fore that age. At every age the child is learning spontaneously through all its senses, but the spontaneity should not be interfered with, or only in the very slight-

Herbert Spencer says "the first requisite in life is to be a good animal," and the less a child is called on to exercise its brain un til this degree of maturity at least has been arrived at the better. There are exceptional cases where precocious infants, who yet, as men, have made their mark in the world, have somehow imbibed an astonishing amount of knowledge at a much earlier period. Witness the well known case of John Stuart Mill, who read Greek at three, and of Macaulay, who read incessantly from the time he was three years old; but ordinary humanity is slower, and should not be unduly hastened.—Brooklyn

est degree.

What a Singer May Eat.

The girl who wants to be a singer should avoid sweets of all kinds. There is nothing better than food of the plainest kind. Pastry, nuts, almonds, raisins, pickles, rich sauces are simply poison to a singer. All these are indigestible, and a singer, above all people, should partake of only that class of food which digests easily, Never eat closer than two hours before you sing. I go further: If I sing at 8 o'clock I eat at 4 in the afternoon. As regards fluids, all are harmful if taken in immoderate quantities.

Milk is good, but it is best when mixed with soda water or seltzer. Wines of any kind are injurious, and I cannot be too emphatic in warning all girls who aspire to be singers to abstain from them. I have known some of the most promising voices to be utterly ruined by even the smallest indulgence in wine. Fresh and ripe fruit always makes a good diet for a singer, es pecially grapes.

The voice is regulated by the health of its possessor, and just as she takes care of that or neglects it will she make a success or failure. A good voice cannot come from things were inseparable, they are good health and a good voice. With the former the latter is impossible; without it, vocal excellence is impossible.—Ladies' Home Journal.

Wives and Their Husband's Titles. In speaking of her husband a woman never makes a mistake if she calls him "Mr." or "my husband." It is sometimes difficult to decide when the husband has a title just what the wife should do with it. This is the severest rule. In speaking of her husband she should not say "General A." or "Dr. B.," but "Mr. A.!" No matter what he is-judge, governor, captain—to her he is, and should be, plain "Mr. A." Mrs. Grant never, even when her husband was president, spoke of him other than Mr. Grant, though it is the custom of the president's wife to speak of him as "the president."

The one exception to this rule of ignoring her husband's official or professional titles is when the wife presents him to any one else. Then she says, "My husband, Sena tor Smith." or simply "Dr. Jones." The reason for this is evident. It gives the proper clew to the stranger who would wish, of course, to address the new acquaintance with the proper title.

Last of all, let any wife take heed how she wears her husband's title and allows herself to be spoken of as "Mrs. Governor Jones," or "Mrs. Secretary Smith." No matter what title her husband has, she has no more right to wear it than she has to wear his shoes.—Pittsburg Dispatch.

Common Sense About the Baby. Of all the silly and barbarous acts perpe trated against the baby none is more rep rehensible than that of pinning him a. tightly as possible into garments about a. comfortable as a strait jacket would be to an actively disposed person and expecting him to submit quietly to the martyrdom He does protest, however, and when he wails and struggles against the inhumar treatment he is tossed up and down unti his poor little head is giddy, trotted untihis bones ache and otherwise maltreated by his affectionate mother or nurse until tired nature can endure no more and he sinks into the sleep of nervous exhaustion and awakens irritable and fretful.

Who ever heard of a bird hopping up and down on the branch upon which her nest hangs until she put her birdlings to sleep, or a cat carrying her kitten back and forth for hours to soothe it to rest? A baby is but a young animal, in spite of al its wonderful undeveloped possibilities and has but animal wants and inclina tions in the first few months of its life The more fully and naturally these ar. gratified the firmer is the foundation laid for the mental and moral growth of the future.—Chicago Graphic.

Children's Meals

Children should be taught to be regular at their meals and to take nothing between the study room, and happily was able at meals. This rule applies to infants a last to get a home in the family of a school. well as to older children The practice or teacher, where she was looked upon less as feeding the little one every time it cries is a most serious injury to its weak digestive organs. An infant's stomach, though it needs food at more frequent intervals—two to four hours, according to its age-requires the same regularity which is essential to the maintenance of healthy digestion in older persons. The irregularity usually practiced is undoubtedly one of the greatest causes of the fearful mortality of in fants from disorders of the digestive or gans, as appears in our mortuary reports. -Hall's Journal of Health.

The Pretty Girls of Frisco. Permit me to allude to the beautiful women of San Francisco. I have seen them Dr. Arabell Kenealy views the fact that as they moved along with the passing show many women must remain spinsters by arrayed in the height of fashion. One can said to allow all working girls to ride for reason of their preponderance in numbers not help but notice their exceptionally with cheerful equanimity, for she says: Varaceful carriage. My. myl what style. "The increased and increasing surplus of what beauty, what splender! Is it any women is forcing upon us the impossibility wonder that man bows down before them should trust the selection of the food solely of marrying all our daughters, and we are and worships? It is a grand sight to pass compelled therefore to provide them with down one of these Frisco streets on a pretty day and feast one's eyes upon railady and inhale the delicious breath of the Miss Amelia B. Edwards says that the of the tide until it has overflowed the do- lovely flowers she wears at her breast, for secret of success in the writing of fiction is, mestic precincts that has carried us out everybody here wears flowers here in this to be summed up in the single word-sin- into the current of the larger and fuller sunny land of flowers the air is laden with

MANY YOU'RE CIRLS LAVE WHERE LEARNED ELFES MEANING Charming New York Conditions Wales Is Not So "Institutional" That Bases Emotions Are Unperceived and Disregarded -A Real Home. There is no "institution" appearance

about the wide, red brick, four story house at 23 East Eleventh street, but the inacription on the silver doorplate proclaims to be the "Free Home for Destitute Young Girls." A "young girl" would seem to mean a being of happiness and mirth, an object to be cherished and protected because of her innocent youth: a pretty, lovable creature, surrounded by all the comfort and gladness that loving hearts can provide.

But there is also another type of girlhood—a picture all shadows and sadness the young girl who is friendless and destitute, but who, happily, has not vet fallen a victim to the tinseled temptations that so thickly beset the paths of poor girls in a big city. It is for such that the "Free Home for Destitute Young Girls" is

'This home is for respectable girls only, and not for those who have fallen," said Miss Storer, the superintendent, as I sat in the comfortable parlor of the home the other afternoon. "Where do they come from?" They come to us from other institutions sometimes, and through visiting missionaries. Often they are brought by clergymen, who have found them growing up like wild weeds in idleness and exposed to evil influences. Sometimes, moreover a girl will come here alone voluntarily." "And if a girl does come here alone and of her own free will and ask admission, said I, "would you take her in without in quiry as to her respectability?"

"Certainly we would," replied the me tron. "Time enough to inquire into her character after she has been given a shell WHERE THE GIRLS LIVE.

It was hardly necessary for me to have asked that question, for there is an indefinable something about Miss Storer that assures one of sympathy and charity. She is a young, sweet faced woman, with a world of tenderness in her eyes and in her voice. The little silver Maltese cross she wears at her throat shows her to be one of the "King's Daughters."

She kindly took me through the house at my request and showed me the rooms where the girls slept. Six or seven iron bedsteads with white coverlids are placed in each sleeping chamber of the wide old fashioned house. To be sure, there are no bright pictures or pretty girlish trifles arranged about the rooms to make them attractive, but the neat little beds must be welcome indeed to the really destitute girls. The large front room above the parlor is used as a general sitting room by the girls, where they can study or sew every afternoon.

When I looked in the other day there were about ten young girls busily engaged. some with their books and others in sewing. They seemed delightfully like a big happy family. "It is one of the rules of the institution that no girl shall leave us without knowing how to read and write." said the superintendent. "And so a portion of each day is devoted to their instruction in the simple branches of educa tion. They are also taught sewing by hand and on the machine, besides being trained in all kinds of household duties, so as to be able to take the positions that are obtained for them in Christian families, where they will find good homes."

HOW THE GIRLS ARE TREATED. Applicants are received at the home between the ages of twelve and twenty-five and all who want to become inmates must pledge themselves to obey the rules, to remain at least a month, and to accept such situations on leaving as the superintendent

may approve. The girls while in the home rise at t o'clock in the morning, and go to bed at \$ o'clock. Every morning they meet in the parlor for devotional services, and after breakfast are kept busy with domestic du ties. In the afternoons they study, sew or are allowed to go out for a walk; never however, being permitted to go upon the streets unless accompanied by some one

who is connected with the home. "Do the girls ever become dissatisfied and wish to go away?" I asked the super intendent.

"Sometimes, but not very often," she an swered. "Of course it is natural that young girl should become restless under the restraint she must feel here, if she has been allowed her own free will before she came here, but for the most part we are able to control them, and they learn to ap preciate the advantages of the home. AN INTERESTING EXAMPLE.

"Quite interesting," continued Miss Storer, fis the case of one of 'my girls,' of whom, by the way, I expect great things one of these days. She was but fourteen years old when she came here. Her father was dead and her mother dving of consumption in the hospital. Her future bade fair to be that of any one of the thousands of waifs who drift into the paths of sin in this city every year. She had been placed in the Rive Points House of Industry, but she shrank from the companions she met there. She was handsome, ambitious and determined.

"When she came under my care I saw that it was a question either of interesting her in the development of an uncommonly bright mind or leaving her untutored but vivid imagination full sway to carry her into ways of idleness and sin. I allowed that girl to spend almost all of her time in a servant than as a companion.

"She has developed literary tastes of no mean order, and, as I said before, I expect great things of her yet."-Sophie Searle in New York Advertiser.

Second Marriage. There is something remarkably absorb ing and obliterating in marriage. The living woman who shares a man's name and home is more engrossing than the dead angel, even if she is only the wife of convenience and not of love. Even if she irritates and annoys him, she keeps his thoughts from straying far away

from her. Women's hearts feed on past memories. out men's seldom do more than nibble a such intangible food. A man thinks of what he sees. a woman of what she remembers. He is no more fickle or unfeeling than woman, but he is more of a philosopher, and he does not make himself miser-

able over the irrevocable. It behooves the woman who would not be forgotten to stay alive. Ella Wheelar

When meat is broiling it will cook more quickly if a frying past is thensel over a