

## TABLE MANNERS BAD.

A MATRON LAMENTS THE UP TO DATE RESTLESSNESS.

Restaurants She Blames For Hurried Eating, for the Lack of Conversation, for the Elbows on the Table Way of Sitting.

Certainly the styles in table manners have changed. It used to be one of the cardinal principles that it was bad manners for a woman to put her elbows on the table. Now it is a very smart posture at a dinner party, especially if the girl has pretty hands. Pretty rings constitute even a better excuse, says a writer in Woman's World.

"I actually see women at formal dinners now pick up a cup of bouillon and rest their elbows on the table while they sip it. I suppose that shows how unconventional and natural they are, but I must confess to an old fashioned prejudice in the matter of table manners."

This woman's explanation of the present degeneracy in table manners was the increased use of restaurants by young women who never used to go to them. It happens to be true of the great world of society now that its members dine in public much more frequently than they formerly did.

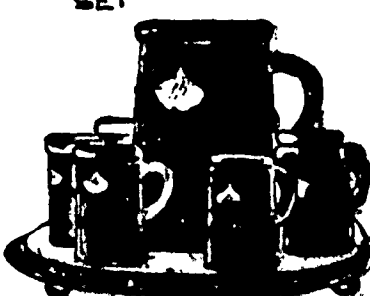
"Restaurant manners," she explained, "are a distinct type of the degenerate fashions of the day. Some of the smartest men and women in New York dine three or four times a week in restaurants. It is usually before they go to the theater or opera, and most of them are in a hurry."

"As for table manners to-day, the difference will be found to be the same as in all manners, says a defender of the present tendency. 'People are more natural. Women, for instance, no longer consider it necessary merely to play with food on the table before them. If they're hungry now they eat and they're not ashamed of it. They have outgrown the old 'prudes and prisms' manners. It is naturalness that is changing all kinds of manners, even those at the table. It is not the savage nature that existed before manners did, either. It is the kind of naturalness that rebels against foolish, old-fashioned rules."

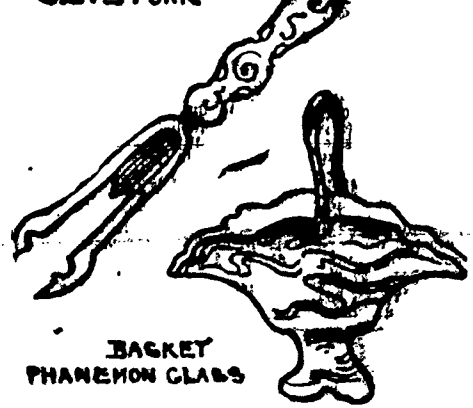
### Lemonade Set and Table Ware.

To match the black jack loving cups that made their appearance some little time ago, there have recently been brought out sets in the same leather and copper combination. In a representative silversmith's may be found the original of the set here pictured. The covering is of leather, suggesting seal, and ebony-hued with lining of copper. Half a dozen small jugs and a

### BLACK LEATHER SET



### NEW OLIVE FORK



### BACKET PRANEMON GLASS

large jug constitute the set, which is by no means an inexpensive novelty, the price being \$100. The tray is of leather rimmed in silver. An olive fork with a spring attachment in the handle for releasing the olive is one of the new things that the silversmiths are offering. After the olive has been lifted from the dish or jar by the fork, a slight touch on the springlike attachment in the handle will cause it to drop on one's plate.

The glass bonbon or flower holder is enjoying special vogue and superseding the better known vase. In opalescent glass in which green, gold and a soft red hue are exquisitely blended, some handsome examples are on hand, one of which is here illustrated.

### Worn-Out Garments.

For the worn-out garments of the fashionable woman there is a use, as full of sentiment as it is of novelty.

This is the weaving of her gowns into rugs and portieres for the homes of her children and children's children. Her first party frock, her wedding gown, her evening dresses, are cut into strips sent to the weaver and woven into radiant hangings and floor-coverings which will provide reminiscences for the next generation or two of her descendants.

Some of these rugs are really very beautiful. So gay are the colors now worn that the sentiment of the mother in saving strips of her daughter's special frocks from babyhood up to be woven into a rug for her marriage day, ought to result in a very remarkable creation, indeed.

## THE FIGHT AGAINST FLESH.

Burn Up Fat With Oxygen—How to Get Necessary Supply.

To increase the lung capacity is the first step in the reduction of flesh. For this purpose, says Outing, running is superior to any other exercise. Boxing and handball are also excellent for the wind.

What leg exercises will not do, however, is oxidize, to any great extent, the soft tissues of the trunk and arms. By stimulating the general circulation and by increasing lung capacity, leg exercises will oxidize upper tissues somewhat, but when fat is not replaced by muscle it has a strong tendency to reform.

As most of a stout person's fat accumulates about the abdomen, abdominal exercises to draw large quantities of oxygenated blood to that part are important. Here are two:

First—Lie flat on your back on the floor or in bed, and after placing the toes beneath some sufficiently firm object, rise slowly to a sitting posture, then sink slowly back. Repeat until tired.

Second—Lie as before, but with the feet free, now raise the legs, extended straight, slowly up, back and over the head, bring them down again slowly. Repeat until tired.

Another home exercise, as excellent for the triceps, chest and wrists as for the abdomen, is to support the body, maintained rigidly straight, face downward, above the floor, by means of the hands and toes, now, allowing the lower point to do duty as a fixed fulcrum, bend the arms until the chin touches the floor, then push up to the straight arm again. Repeat until tired.

Digging a trench, shoveling coal, wood chopping, moving furniture, carrying loads being general exercises are all excellent for the health as well for the general strength.

The advantages dumbbells possess over apparatus are many. Easily portable and occupying little space they can be kept in one's own room, where they may be used conveniently at one's leisure, and the busiest man has some leisure, if only at the time he retires.

### Pointers About the Hair.

Hair that is excessively dry and without luster can frequently be improved by the use of brilliantine. It is simply composed of one part of any scented spirit mixed with two ounces of castor oil. Apply with the finger tips, or an infant's soft hair brush.

If the hair on the head of a young girl falls more rapidly than can be regarded with indifference, it is a very good plan to cut it close to the scalp. In all cases this will improve the nutrition of the roots.

When the hair is loosened for the night shake it well out and rub the scalp vigorously all over with the tips of the fingers. If after this the ten minutes brushing follows you need never be troubled with dandruff. Washing must also be attended to regularly. Dry hair will not need it so frequently as greasy hair, which collects and holds the dust.

It is said that women's hair becomes more beautiful in color every year. This is supposed to be due to the small, light hairs that are now worn. Certain it is that air and sunshine improve the color and texture of the hair. The sun bleaches it, and Venetian beauties, knowing this, always dried their ruddy locks outdoors, thereby getting that tint so much admired called Venetian red. Sunshine will not bleach dark hair, of course, but it gives a deeper color to all hair, and brightens the dull brown kind.

### HOME COOKING.

#### Maple Custard.

Beat five eggs until thick, add three-fourths of a cupful of shaved maple sugar, three cupfuls of milk and a pinch of salt. Mix thoroughly, turn into custard cups and bake, setting in a pan of hot water, until the custard is firm. Serve very cold with a meringue spread over the tops, though it is delicious without.

#### Peanut Cookies.

One tablespoonful of butter, two tablespoonfuls of sugar, two tablespoonfuls of milk, one well-beaten egg, one-half cupful of flour, one-half teaspoonful of baking powder, one-half teaspoonful of salt and one-half cupful of finely chopped peanuts. Drop by teaspoonfuls on unbuttered tins one-half inch apart. Bake in a slow oven.

#### Angel Cream.

Cook in a double boiler, one pint of new milk, three heaping teaspoonfuls of cornstarch and one-half cupful of sugar, adding when hot, the whites of two eggs beaten very stiff. Pour into mold. Serve cold with a cream made of one and one-half cupfuls of milk, two tablespoonfuls of sugar and yolks of two eggs cooked in a double boiler until it begins to thicken. Allow it to cool before serving.

### How History is Taught.

In the matter of English history in American school text-books young America, until recent years, has been brought up in just as one-sided a way of looking upon England as young England was formerly brought up in looking upon France. But English school histories are generally fairly full of American Educational Review.

### Use For Bread Crumbs.

Dried bread crumbs are much better for frying purposes than cracker dust. The dry bread does not soak up the fat as quickly.

## TO KEEP SILVER BRIGHT.

Simple Method to Prolong Intervals Between Cleanings.

To keep silver bright requires constant and persevering effort, for coal and illuminating gas are active agents in tarnishing silver, and very frequently housekeepers have great difficulty in preventing it from turning. Unless silver articles are done up carefully in cotton flannel bags or wrapped about with jeweler's cotton and done up again in paraffine paper, it is necessary to clean the silver at least once a week to keep it in good condition.

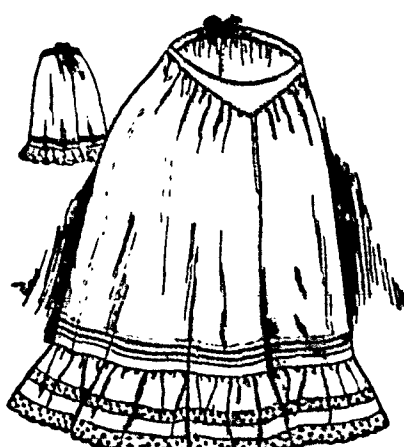
Make a hot suds, to which a little ammonia is added, and wash the silver in it. After wiping with clean dry towels, rub thoroughly with cotton flannel. If this plan is followed every day silver will not need to be regularly cleaned more than once a year.

Wet salt or a paste of whiting and ammonia will remove egg stain. Alcohol will clean all vegetable stains.

French whiting, alcohol, two clean brushes, jeweler's absorbent cotton, several pieces of wash leather, a small bottle of diluted oxalic acid and plenty of soft cloths will be needed for a general silver cleaning. Whiting and alcohol will clean all ordinary stains from silver. If the dirt refuses to come off the first cleaning, mix a paste of the whiting and alcohol and allow to dry on the article. Then rub dry and polish. If stain still remains, wash over quickly with the oxalic acid solution, then rinse instantly. Follow with alcohol and whiting. The acid leaves a dull spot, so that it should afterward be covered with sweet oil and whiting and rubbed hard.

### Cambrie With Lace.

Comfortable and well fitting undergarment is a necessity to comfort and to good dressing, inasmuch as no skirt can hang perfectly beneath



which the garments are clumsy or lacking in shape. The drawers illustrated are among the best obtainable and are made with a shaped yoke, while the fullness at the back can be regulated as required. Nainsooks and Paris muslins can be used if liked, while the trimming can be any washable lace or embroidery, or the frills can be embroidered by hand if desired.

### Tea Table Superstitions.

Of course, no one is superstitious in these enlightened days. Our great-grandmothers, however, were made very differently, and it is interesting to read of the mysterious meanings they attached to almost every little incident of everyday life that was at all out of the ordinary course of things.

The tea table, for instance, afforded ample scope for the play of superstition in the feminine mind. If when the tea was made the lid was forgotten for a few minutes it was a sure sign that some one would drop in to tea.

If one person accidentally received two spoons with a cup of tea she would be married within a year.

If anyone helped herself to cream or milk before sugar, she would be crossed in love.

A tea leaf floating in the cup of an unmarried lady was a sign that she had an admirer, says Woman's Life. If on this occasion the tea was stirred quickly, and the spoon, being then held upright in the middle of the cup, the tea leaf was attracted to the spoon and clung to it, the admirer would be sure to call that day, but if the tea leaf went to the side of the cup he was not to be expected so soon.

### Work Bag Apron.

One of the most useful things I have seen of late is an apron bag, so handy. If one has a caller, to drop sewing, knitting or crocheting right into it, says a writer in Woman's Life. Get a straight piece of flowered dimity, one yard long, and the full width of the dimity is used, and a hem 1 1/2 inches deep put in at one end. A tuck 1 1/2 inches wide is run in 1 1/2 inches from top or unhemmed end, make this tuck on the outside—that is, the side of the apron that will come next to the dress.

Put a second row of stitching, one-half inch above the first, on both the tuck and the hem, and then bring the latter up to meet the tuck, so that the fold of the hem will come to the sewing of the tuck. Turn on the wrong side, and stitch the sides together, leaving the tuck and hem free. Insert two ribbons through the hem and tuck, putting them in opposite directions, so that the bag may be drawn up. The top of the apron may be put into a band, or a hem turned downward stitched with a second row. Half an inch above the first, forming a casing through which the ribbon is run.

### Gospel of Clothes.

It is a fact nowadays that fine feathers do make the birds, and that people are judged more by their appearance than their character. Lady Violet Greville, in The Graphic.

## MARRIAGE PROBLEMS.

COMPLICATIONS CAUSED BY THE WOMAN'S WHO WORKS.

If She Earns as Much as the Man, Should He Ask Her to Cut Her Income in Half for the Privilege of Marrying Him?

Marriage presents problems at the present day which were never encountered in the past. Here is a case in point:

A young man and his betrothed were schoolmates and became engaged during their last year in the high school. The understanding was that they should wait until he was able to marry.

He left home and plunged into business life. It was hard sledding for some years, but recently he pushed his salary up to the \$3,000 mark, and was ready to marry.

Meanwhile his Rosalind had not seen fit to sit down and wait for seven years for him to get ready to marry her. She had gone into business herself, and as she had both brains and good family connections she is now confidential secretary to a house which pays her \$1,800 a year.

The man must ask her to cut her income in two if she marries him. He does not blame her at all for going to work, but he does not feel that his position is not an inspiring one to contemplate, for he must either ask her to cut her income in two to marry him, or else let her go on working for a salary after the wedding.

In one of the largest and oldest clipping bureaus in the world the proprietor's wife has entire charge of the reading department. It began in 1898, when a foreman left him suddenly and she came down to help him out. She liked the work and has retained it permanently.

"You couldn't drive her away," says her husband, "and it suits me all right, for she brings an intelligence and devotion to the business that I couldn't hire."

### Don't Stay in the House.

The ordinary middle class woman does not get out enough. That is more especially true when she resides in a town. She swoops, and broaches the dust. The sanitary arrangements of the house are not ideal, hence she breathes air that is poisoned with sewer gas. Her only exercise is the daily routine, patiently endured. If this state of affairs was a necessity it would be useless to mention it here; but the case is very much the other way.

The truth is that the ordinary woman has no temptation to go out. She does not wish to stay in the house, but there is nothing to take her from it, says Home Chat. And she gets so accustomed to the atmosphere of the house, and the sedentary character of her life so accustomed to the lowered tone of her health, that she ceases to think that better things are obtainable.

### GUIDES TO HEALTH.

A cold in the head can often be cured by inhaling burnt camphor. Brittle nails may be helped by soaking nightly in oil that has been slightly warmed.

Alcohol baths will do away with goose flesh, and rubbing with oil of sweet almonds is also very effective.

Eggs make an excellent shampoo for silver locks and a little bluing should be added to the last rinse water.

The drinking of cold water before retiring and upon rising is just as beneficial as the drinking of hot water. If hot water proves nauseating.

Powdered rice, applied on lint will stop bleeding, as will also a cobweb.

The white of egg given to a child immediately after it has swallowed any sharp article, such as a pin, a tack or piece of glass, will often prevent serious consequences.

### The Way to Entertainment.

How shall we entertain? asks a writer joyously! Pleasure is contagious. Remember, hostess, every house has its climate; some are in the torrid, some in the temperate, some in the 'rigid zone. Remember, moreover, that you create the climate of your house. More important than the style of your dress, the ordering of your banquet, the setting of your table, is the mood in which the appointed hour of entertainment finds you. When the door bell peals to the ring of the first arrival put aside all thoughts of how you look, how your drawing room looks, how good, bad, or indifferent the dinner may prove; banish every care, meet your guest with nothing on your mind save the anticipation of passing and helping him to pass a delightful hour. If you can do this the battle is already half won.

### Vegetables.

Consider them. They are worth while. They should be simply cooked. Be certain they are well cooked. Be certain to purchase fresh vegetables.

Stale corn, peas and beans are not cheap at any price. Overripe vegetables act as a poison, causing sour stomach and indigestion.

A safe rule for dinner vegetables is to have one that grows in the ground and another above—potatoes and peas, say—for a simple dinner.

The importance of a green salad course is generally understood. One should be certain the lettuce, cucumbers, and the like, are fresh and fine.

## EVENING REST AND CALM.

How the Busy Housewife May Bring This About.

If you do not keep a servant and your family is small, don't jump up and begin washing up dishes in the kitchen as soon as the high tea or early supper is over. Leave them till the morning, scraping them a bit more thoroughly than you would if they were to be washed at once. Pack the things away in the scullery or a corner of the kitchen and do down with "him." He will probably pick up his paper pretty soon, but by the time the babies are put to bed he will usually have finished it, and if the finishing of the paper coincides with your re-entry he will probably lose his impulse to go out if he had it. Let an atmosphere of quiet and pleasure prevail after supper. It will lead to pleasant things in the way of closer friendship and rosier sentiment. You can wear a daintier frock simply to get supper than you can if the work afterwards is to be done, says Woman's Life. And the gown counts. Sometimes it will seem to be fruitless for a time, sometimes it simply cannot be done for a while, but try it, try it, do it when you can.

### HOUSEHOLD SUGGESTIONS.

Always quarter and core apples for cooking purposes; never slice them.

Tea leaves moistened with vinegar will remove the discoloration in glass caused by flowers.

Here is a Chinese saying full of wisdom: If you have two loaves of bread sell one and buy a lily.

Once a week every pipe and drain in the house should be flushed with copperas solution to remove all odors and sediment.

When the chimney catches fire throw kitchen salt up the cavity, taking care to close all doors and windows to prevent a draft.

When dishes are to be heated place them in right hot water for a few minutes. This is less likely to crack the glass on the china.

A teaspoonful of vinegar placed in a paraffin lamp that smells or smokes will cause a clear light and prevent an unpleasant odor and smoke.

Always place a knife which has been used in cutting onions immediately under the cold-water spigot to prevent the odor from clinging to the blade.

### FASHION'S DICTATE.

Dresden silks and also Pompadours in the pale shades are used, also flowered muslin, but the traditional woman will prefer all white or black.

Among the novelties seen are red



leather belts laced with red cord and fastened with silver buckle.

Shadow embroidery is one of the prettiest and most sensible forms of fancy work that we have ever had. It is no great tax on the eyes, is inexpensive, and very effective.

Dainty jackets for afternoon wear, made by sewing together Valen-



ciennes insertion and Dresden ribbon, and edging all with the lace.

The narrow set rucher are sometimes edged with just a showing of plaid silk, these especially for shirt waist suits for morning wear. Craple lace rucher may have a wee trill of Valenciennes on their edges and Mechlin lace may be made into the daintiest sort of a neck finish.

Buttons are about as elaborate as they can be, whether of metal, pearl or bone, and there are some charming novelties in linen-covered ones.

### Bedroom or House Shoes of Soft



cream kid with turn-over places and belt of pale blue and pale blue boy.

A woman in Paris has established an agency for supplying bridesmaids to young women who need such attendants and who have no friends. Each girl receives \$5 for each time she acts as bridesmaid. If the bride wishes her maids to appear in new clothes she has to buy the apparel herself.

Dresden belts with heavy gold buckles, white suede girdles with oval shaped buckles of pearl, Oriental silk or embossed leather belts, beautifully embroidered linen ones, and very narrow patent kid girdles, bound with gun metal are all noted among the exclusive in this line.

### Men Growing Stupid.

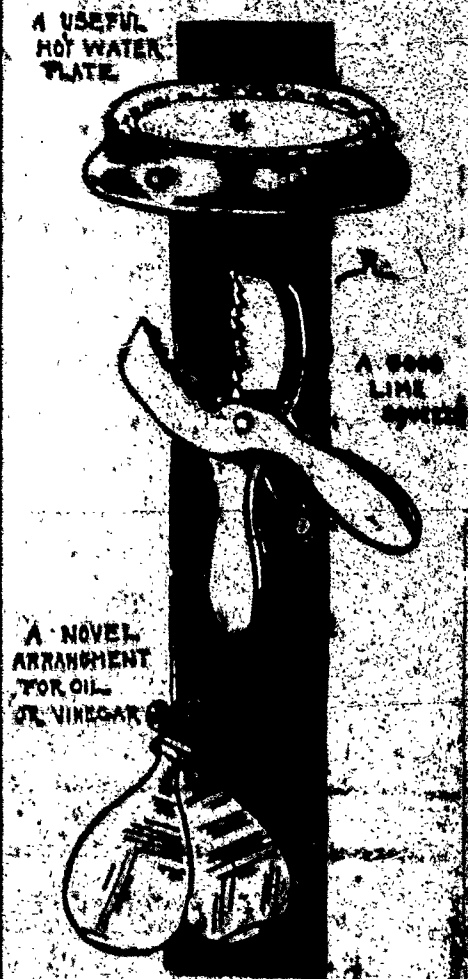
That male manners have declined what they were, and the only gentlemen left in the land are old gentlemen. The modern young man is practically nothing of a gentleman, and the poorest of girls—Lady's Realm.

## WOMAN'S LIFE.

As Seen By One Who Has Thought Her Own Path.

That it is not easy to make a home back with a man who is a lover is proved by this letter. My young and beautiful day, writes our correspondent, "four men all apparently eligible, proposed to me, and for one reason or another refused them all. That I have no reason to congratulate myself on my good fortune you will see when I tell you the subsequent history of these four lovers. All of them married. One died, leaving his widow and three young children penniless; another set cruelly ill-treated his wife that she was compelled to get a separation from him. No 3 took to drink and gambling and his wife now has to keep him while the fourth of my eligible quartet deserted his wife after ten years of misery and all trace of him has been lost. There are worse fates than that of being an 'old maid' after all—It-Bits."

Recent Introductions for Housewife. Odd concoctions in china and glass for dining or dressing table are met with constantly, and they are sure of a ready welcome from the host of feminine observers who are ever on



the alert for something that is different. The hot water plate here illustrated is one of the new things that come across the sea recently. It represents an English design. The bottom is of copper and the water is poured in by means of small tube. By the use of this invention dishes may be kept hot on the table for a long time.

Twin bottles for oil and vinegar made their appearance a short while ago, and their shape may be seen from the accompanying illustration. The bottles are of plain crystal, with tops of cut glass in fanciful designs. Another handy contrivance in the household is a fine squeeze of the order of the one here pictured.

### For Sucker Red.

The blushing of perfume will be found delightful for sucker red. The two worst that mix with sucker red are violet and heliotrope. The addition of perfume will make the sucker red more attractive. These will make an attractive sucker red that will make those who are attracted to the sucker red while the sucker red is in the house.

A little sandalwood perfume added to about any perfume will make the perfume more attractive. The result is more attractive. The perfume is a delicate and odor in itself but the addition of white rose makes it sweeter and little daintier. A number of odors combined in various ways are scattered through one perfume. They are about as elaborate as they can be, whether of metal, pearl or bone, and there are some charming novelties in linen-covered ones.

### Teach Your Little Girl.

This is the best of all matters of skill, not of mind.

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