What Women Like to Know

Smart Spring Coat.

The new spring coat herewith pictured is featured in blue worsted. The garment is cut with fullness, strapped across the back and has side pockets

Photo by American Press Association.

UTILITY COAT

Pockets and belt trimmed with small self buttons and coat fastened with large bone buttons. Collar and cuffs of white broadcloth.

Economical Use of Fats From Meat Trimmings

Much fat may be saved by home rendering of the trimmings from fat meat. The following method of rendering fats, found to be very satisfactory in the laboratory of the office of home economics, United States department of agriculture may be applied in the home. The fat is cut fine with an ordinary household meat chopper or sausage grinder and is then heated in a double boiler until completely melted. The melted fat is then strained through a rather thick cloth—medium fine huckaback, for instance—to remove the finely divided bits of tissue.

After the fat is rendered it must usually be clarified. A fairly successful household method of clarifying fats is as follows: Melt the fat with at least an equal volume of water and heat for a short time at a moderate temperature, with occasional stirring. Let the mixture cool, remove the layer of fat and scrape off any bits of meat and other material which may adhere to the under side. Rendering or clarifying fat with milk gives quite satisfactory results in modifying odors and flavors. The procedure is as follows: To two pounds of fat finely chopped if unrendered add one-half pint of milk (preferably sour). Heat the mixture in a double boiler until rendered of thoroughly melted, stir well and strain through fairly thick cloth. When cold the fat forms a hard, clean layer, and any dark material adhering to the underside of the fat may be scraped off. Sour milk, being coagulated, is preferable to sweet milk, since the curd remains on the cloth through which the rendered mixture is strained and is thus more easily separated from the rendered fat, which has acquired some of the milk flavor and butter fat.

How to Sew on Buttons

If the housewife sews on buttons like tailors do they will stay on and the work will not be harder either. Tailors double the thread used to sew on buttons, make a knot, hold the knot in their teeth while they twist the thread, then they wax it, and that keeps it twisted. Next they put a pin [illegible] the button, and after the button is sewed on they remove the pin and wind the thread around under the button several times, making a kind of stem. This makes it more easy to button the garment. The buttons on children's waists should be sewed on in this same way, so that more than one garment can be buttoned to the same waist.

TRUTH.

To Truth's house there is a single door,
Which is Experience. He teaches best
Who feels the hearts of all men in his breast
And knows their strength or weakness through his own.
—Bayard Taylor.

Home Cookery

Tea Rolls.

Two quarts of flour, a pint sweet milk, a tablespoonful lard, a tablespoonful salt and one of sugar, a cake of compressed yeast. Heat milk with lard, but not to boiling point. Put flour in crock, make hole in center, put in milk and lard. Stir in enough flour to make thin batter and add the yeast cake. Set at 9 o'clock in the morning and let rise until 12 o'clock. Mix up stiff, knead well, put back in crock until 4 o'clock. Roll out, cut with cutter and butter, turn over half, let rise until light and bake in moderate oven.

Baked Ham In Milk.

Place a slice of smoked ham one inch thick and weighing about a pound in a baking pan. Cover with two cupfuls of milk, bake slowly, basting frequently and turning once or twice until the ham is tender and has absorbed all the milk and is browning on top. This will take about one and one half hours. Serve hot with potato balls, which are simply mashed potatoes with a little onion grated in and molded in flat cakes and fried until brown.

Celery Soup.

Wash and chop into small pieces enough celery stock to make two cupfuls and cook until tender in boiling water. Heat in a double boiler one and one-half pints of sweet milk, add the cooked celery and water in which it is boiled, salt and pepper to taste and thicken with a tablespoonful of butter and a tablespoonful of flour rubbed together. When very hot add a cupful of sweet cream and serve as soon as hot.

Delicate Stew.

Grease a baking dish or casserole and spread in a layer of lean meat, which may be either raw or cooked, cut in small pieces, then add a layer of thinly sliced raw potatoes. Sprinkle with flour and salt and add bits of butter. Continue with the layers until the dish is full. Almost cover with boiling water and bake an hour and a half in a moderate oven in the dish, covered. Onions may be included if desired.

Tomato Toast.

Warm the contents of a can of tomatoes and add a little butter and salt. Pour over slices of fresh buttered toast and serve hot.

Worry Is Abnormal And Injurious to Health

It is never too late to make a good resolution, especially when that resolution is "not to worry." Worry is abnormal and is therefore injurious to health. It weakens the mental forces by fixing them not by doing nothing, it never gets anywhere. It is mental labor for nothing.

The effect of chronic worry on health is almost that of poison. It not only disturbs the mind and perverts mental vision, but it disturbs the natural functions of the body, causing indigestion, poor nutrition and neurasthenia. It often produces a condition of the powers that favors contagion with which at times it is not all times a good move to contend, and loss of health.

For most people worry is largely a matter of habit. Offenses [illegible] worry. Strange to say, the things that people should worry over most they worry them least. However, people can be firmly resolving not to worry and by looking at the mental and moral results of worry do much toward being a saner, happier, healthier life.

It's the Way You Take It

Inspiration Miscellany

The Secret of Success

"My own method has been to live every day as though it was the only day I had to live and to crowd every thing possible into that day. Pay no attention to the clock or what you are paid, but work and live for all there is in it—just as you play football—and everything else will take care of itself," said George W. Perkins, the famous millionaire.

"The head of the table is the place where there is most room. It is the tree that grows and grows until it overtops the others that gets the most air and sunshine. The thing for the young man to do is to strive with all the energy he possesses to excel in actual ability. Pull is not necessary. Nor should a young man bother too much about his wages. I never asked an increase in my life. You can command sooner or later what you are entitled to if you preeminently deserve it.

"But you have got to be extra proficient in some particular thing. You must stand out and do it better than the fellows around you whether you are an office boy, a stenographer or an executive. You must use your head as well as your hands. Don't be afraid to do extra work lest it interfere with your theater going. I don't go to the theater half a dozen times during the winter, not that I don't like it, but there are other things more worth doing." B. C. Forbes in Leslie's.

The Stimulus of Flowers.

If you have not some growing plants in your living rooms put them in. They tone up a home, give it a kindly temper, inspire a love of nature and cultivate a taste for the beautiful. But more than this—they have a practical value. They create conditions of health. If they flourish then you have sweeter and purer air to breathe. They take in bad air and give out good. So the family flourishes if the plants flourish. Each plays into the other's hands. But the great thing is in keeping company with nature, which is the finest association that comes into one's life. It is the stimulus of peace, joy, kindness and justice. The angels love a home with growing plants and flowers in it.—Ohio State Journal.

Keep Your Soul Clean

Every man is free as the wind and as free as it ought to be to keep tend and of his own. If he believes his trust be not only a mockery, but a cheat, he cannot [illegible] from [illegible] conscious [illegible] by contamination.

There is such a thing as mental taste. A man should be as thoroughly [illegible] of intrusive [illegible] as of physical taste. [illegible] Offensive [illegible] Worry [illegible] and self-control. And one who carries [illegible] off from the [illegible] is a moral [illegible] treating evil so far as he [illegible] and thus [illegible] Letters of Richard Watson Gilder.

Order Is Power.

There is power in order—material order, intellectual order, moral order. To keep one's word and [illegible] engagements, to have everything ready under one's hand, to be able to dispose of all one's forces and to have all one's means of whatever kind under command—that is order. To discipline one's habits, efforts and wishes, to distribute one's time, to take the measure of one's duties and to make one's rights respected, to employ one's capital and resources, one's talent and one's chances profitably. Order is power.

Ambition.

Ambition is a splendid servant, but a dangerous master. Have an ambition. You are not worth much and never will be worth much unless you have. Make it an ambition worth while and never forget to leaven the selfishness in it with devotion to the human duty of service to humanity. Possibly it is better to have a bad ambition—certainly it is better to have a poor ambition than no ambition at all. But an ambition, like an appetite, needs watching and controlling.—Duluth Herald.

REAL SUCCESS.

My boy, seek not the easy path
To go to wealth or fame,
[illegible] or pay,
[illegible] long
[illegible]
[illegible] fate
[illegible]
The road is long and hard and [illegible]
[illegible] joy
Time [illegible] cunning gain
Remember that, my boy,
And you must earn by honest toil
Whatever you'd possess,
'Tis from the heart that you must start
To be a real success.
—Edgar A. Guest in Detroit Free Press.

Commander of Central Department of the Army

Major General Thomas H. Barry, commander of the central department of the army, with headquarters at Chicago, is known among military men as one of the most capable soldiers in the service.

Born in New York city in 1855, General Barry entered West Point in 1873

Photo by American Press Association.

MAJOR GENERAL THOMAS H. BARRY.

and on his graduation was appointed to the Seventh cavalry. General Custer's regiment, and for the next sixteen years was in active service west of the Mississippi river. During the Spanish war he served in the Philippines as chief of staff, later taking part in the Boxer uprising relief expedition in China. In 1905 he was made president of the army war college at Washington. He received his commission as major general in April, 1908, and in 1910 was appointed superintendent of the Military academy at West Point. During his long career he has served in every grade of the army from cadet to major general.

JOY OF WORK.

Thank God every morning when you get up that you have something to do that day which must be done, whether you like it or not. Being forced to work and forced to do your best will breed in you temperance and self-control, diligence and strength of will, cheerfulness and content and a hundred virtues which the idle never know.—Charles Kingsley.

Mother's Doll Story

The Kittens' Vacation

Mother cat was very busy nowadays getting her children up to go to school in the warm time, you know, every body has to get up early.

The [illegible] were three in number, and the oldest boy, Tommy, used to lead Dora and the baby, Ted, to school.

It is hard work to lead two frisky kittens who want to run and play in the snow. So Tommy often had a hard time of it helping his mother's family get a good education.

One day there came to the kittens' school a strange dog, dog of a kitten whose paws were dirty. The cat teacher made him go out and wash his paws, but this did little good. For all the front of his gingham blouse was streaked with the egg he had eaten for breakfast. He was really a very soiled kitten.

Then one day something dreadful happened. Timmy, Dora and Ted all had a sore throat. When their mother felt of their pulses she was frightened to find they had a fever. So she put them all to bed in the haymow and sent for the cat doctor, who said that they had all caught measles from some unclean kitten in school.

So Timmy had a good vacation from leading the frisky little ones so far each morning.

Conundrums.

Which of the feathered tribe would be supposed to lift the heaviest weight? The crane.

Who was Jonah's tutor? The whale that brought him up.

Why is a young lady like a promissory note? Because she ought to be settled when she arrives at maturity.

Why do railway men always speak of a locomotive as "she?" Because it suggests tender thoughts and draws men after it.

What sort of young woman would you like to swallow on a cold day? A little milk maid (milkmaid) hot.

Little Artists.

In summer [illegible] we drive that we
Are [illegible] and grand,
And [illegible] a picture
Of [illegible] and
In winter [illegible] we [illegible] it we
Are [illegible] great and so
We have to build a statue of
The snow man on the snow

But though we work so very hard
All through each summer day
The whitecap waves are sure to come
To wash our work away
And though in winter time we strive
So hard to gain renown
The sun will melt our statue
Or the wind will blow it down!
—St. Nicholas.

Things Worth Knowing

Chicken fat is good for shortening or frying. Soak it for ten minutes in cold salted water, then try it out in a rather cool oven, pouring the fat off as fast as it melts.

A few drops of oil of lavender poured into a glass of very hot water will purify the air of a room almost instantly from cooking odors and is especially refreshing in a sickroom.

If a little sausage is left over from breakfast it will add flavor if broken up finely and mixed with the breadcrumbs to put on top of baked macaroni or scalloped potatoes or baked beans.

If you are fond of pumpkin pies and have no pumpkins, have you ever tried substituting carrots? Cook and prepare them the same as you would the pumpkin, and you'll find it hard to tell which is the better.

An urgent invitation to a horrible death is the washing of goods in a pan of gasoline in a room in which there is a fire. Goods washed in gasoline should not be taken to dry into a room in which there is a blaze of any kind. In Ohio in one year five women were burned to death for adding gasoline to clothes in a wash boiler while it was on the stove—an act almost invariably disastrous.

Precautions to Observe to Ward Off Pneumonia

Pneumonia as a cause of death is about a topnotcher, says the North Carolina state board of health, as it ranks third and is outclassed only by tuberculosis and organic heart diseases. It is a seasonal disease, and we are now in the midst of that season. During the winter and early spring season pneumonia is greatly on the increase and causes about 10 per cent of all deaths.

One of the most predisposing causes of pneumonia is the presence of other diseases, especially those diseases producing a debilitating effect. Such diseases might be mentioned as colds, grippe, bronchitis and other respiratory diseases. Debility developing from any cause increases susceptibility, therefore it is all important that all functions of the body be kept in good working order and that the health be kept as high as possible.

Resistance is lowered by overeating, lack of exercise, lack of [illegible] fresh air, sleep and work in [illegible] sleep and relaxation and [illegible] living habits. Excesses of all kinds decrease resistance and predispose to pneumonia. Excessive heat, worry, fatigue and undue exposure to cold are the factors predisposing to pneumonia. Alcohol has been called the [illegible] United States public health service the handmaiden of pneumonia.

It is a well established fact that pneumonia is a germ disease. People sick with pneumonia should not be visited for two reasons—their chances for recovering will be better without visitors, and the chances for the spread of the disease will be reduced.

Light as Chaff

Equal to the Occasion.

An admiral, awaiting the naval battle of Sebastopol at a Washington hotel, said:

"A leader, to succeed, must be very quick-witted and resourceful. In fact he must be like Hamilton Footlites, the actor.

"Ham Footlites stood on the bridge of his seagoing yacht soliloquizing about love, while the blue waves rolled and heaved splendidly, each blue wave being a super under a roll of canvas.

"But the waves were here and there threadbare, and suddenly a wave ripped, and a head bobbed up in the midst of the heaving sea and stared around in bewildered fashion.

"Ham Footlites silenced the audience's titters with one stern glance.

"'Man overboard!' he yelled in stentorian tones.

"Then the super, managing to draw back his head through the hole in the wave, disappeared. Ham Footlites heaved a stormy sigh.

"'Another victim seized by the relentless sea, alas!' he said."

Breaking It Gently.

An Ohio man was having a lot of trouble piloting a one tent show through the middle west. He lost a number of valuable animals by accident and otherwise. Therefore it was with a sympathetic mien that one of the keepers undertook the task of breaking the news of another disaster. He began thus: "Mr. Smith, you remember that laughin' hyena in cage 9?"

"Remember the laughing hyena?" demanded the owner angrily. "What the deuce are you driving at?"

"Only this, Mr. Smith—he ain't got nothin' to laugh at this mornin'."—Chicago News.

In the Arena of Sports

Lamy, Speed Skater.

There is no question of Edmund Lamy's ability as a speed skater, but he seems to hang fire in testing his skill. Norval Baptie, who claims the world's professional speed skating championship, issued a challenge to Lamy, Morris Wood and Oscar Mathie

Photo by American Press Association

EDMUND LAMY.

sen to race at Saranac Lake, N. Y. Conditions at Saranac would seem to favor Lamy, as it is his home. They would be unfavorable to Norval Baptie, who is now a man of middle age and who shows to the best advantage indoors on a small track at short distances. Yet Baptie is willing to stake his reputation and race at Saranac. Lamy holds the amateur record for five miles.

Varsity Race Shortened.

The varsity eight oared shell race at Poughkeepsie will in the future be over a three mile instead of a four mile course. This was decided by the board of stewards of the Intercollegiate Rowing association, which governs the Poughkeepsie regatta. The action of the Poughkeepsie stewards has no bearing on the annual Yale-Harvard regatta on the Thames. The varsity race there is over a four mile course.

Murphy Is Johns Hopkins' New Coach.

Ben Murphy of Pennsylvania has been appointed football coach and general athletic director at Johns Hopkins. Murphy goes to Hopkins from the Gilman country school of Baltimore, to which he transferred from Clemson college. Murphy was best known in Penn as a basketball player but has enjoyed considerable coaching success in football and other branches of sport since he left Philadelphia.

Javelle Water

Javelle water, often used in the laundry as a cleansing fluid, may be made as follows: Add one pound of salsoda and one-fourth pound of chloride of lime to two quarts of boiling water. Let the ingredients dissolve as much as they will, then let the liquid cool and settle. Pour off the clear liquid without stirring up the sediment, bottle, cork tightly and mark the contents plainly on the bottle. The dregs can be used to clean waste pipes. While this is excellent for taking out spots, it must be used carefully, or the fabrics will be injured by it. A stain may be taken out of table linen by stretching it over a plate and scrubbing with a toothbrush dipped in javelle water. When the stain is removed the place should be rinsed with water containing a little ammonia to avoid risk of injury to the fabric.

The Homeward Way.

So many roads that wind away,
That hint at some far, favored spot
And lure us on from day to day
Past palace door and peasant's cot.

So many roads there are that go
To places that are fair as dreams;
To solitudes where one may know
The wondrous music of the streams.

So many roads that one may take
And feel the thrill that in them lies
May see the moon mist o'er some lake
Or cloud ships sail across the skies.

So many roads that twist and turn,
That lure us far and far to roam,
But still my eyes will always yearn
To see the road that leads me home.
—Farm Journal.

WEALTH.

Excess of wealth is ease of covetousness.—Marlowe.

What riches give us let us then inquire:
Meat, fire and clothes. What more?
Meat, clothes and fire.
Is this too little?
—Pope.