

CHATS 'NEATH THE NIGHT LAMP

By.....RUTH CAMERON

Yes, we are going to get out somewhere at least twice a week. Sometimes we'll go calling, and sometimes we'll go to Church or to a concert or lecture or to the theatre. But wherever we go, we're surely going somewhere together at least twice a week, and maybe more. We made that our wedding anniversary resolution. You know we had been married seven years last Wednesday.

The lady who announced that determination, is one of the brightest little women in our neighborhood. She has two children to whom she is devoted. One is four, and the other six years old.

"You see," she went on in explanation, "Harry and I got to talking things over the other night, and we just decided that we had slipped into a rut. When the children were little babies, of course we couldn't go out very much. But now that they are older and we have a very trustworthy maid, there really isn't any reason on earth why we shouldn't go out more and yet we are so in the habit of staying in that I don't believe we go out anywhere together once in two weeks. Harry plays with the children until they go to bed, and then reads the newspapers, and the magazines, and I read or sew, and half the time we go to bed at nine or half past.

"On our anniversary, some friends of ours whom we visited on our honeymoon, invited us to go to dinner and the theatre with them and we did enjoy it so much that when we got home we sat down and talked it all over and we made up our minds that we had gotten into a rut,

and we ought to get out of it.

"We think we owe it both to ourselves and the children to keep alive and young and in touch with things, and we can't do that if we sit down and stare at a book or each other every night.

"Harry works hard, but not so hard that he needs to drop into a chair and doze or read all the evening, and he says he felt better and more alive the day after our little 'spray' than he had for weeks.

"So we're just going to drive ourselves out. We're going to look up some of the friends we lost sight of when we were so tied down by the babies, and we're going to take in a good play or concert or lecture occasionally, and we're going to take some part in our Church life, and we're just going to get out of this married folks rut.

"I know it may come a little hard at first—we've vegetated so long, but I'm sure we'll enjoy ourselves and everything else better, once we get thoroughly waked up, and I think, too, that when our children get old enough to want to be friends with us, we'll be better able to be friends with them than if they kept on vegetating the way we are."

Does the lady's resolution appeal to you?

I must say that it does to me, and that I know more than one married couple who would benefit themselves and future generations, by making—and keeping—a similar one.

Ruth Cameron

HEART AND HOME TALKS BY BARBARA BOYD

Simple Talks on Health.

High Level Living.

To get the most out of life, both in achievement and enjoyment, one needs to live at the highest level. This does not necessarily mean living at high tension or high pressure. In fact, one cannot live at the highest level without having efficient physical machinery and efficient mental machinery; and when one is living at high pressure, one is not always most efficient.

Living at high level means using the best of one's self, not the lowest, or the least. High level living is a condition of growth. This is the healthy condition and the happy condition, for happiness is a consequence of health and right achievement.

If we live at a low level, that is, if we drudge along doing just as little as possible, we deaden every faculty for thought and high feeling. We make drudgery of life. We sink into a rut, and we become content to stay in that rut. Life becomes circumscribed.

Sometimes we sink to this low level of living because our physical machinery is out of order. Flabby muscles are often the chasm between willing and doing. To some extent, we tread in a circle. We live at the low level because we lack energy to rise. And we lack energy to rise because we live at this low level.

For living at a low level brings stagnation. Our blood flows sluggishly. Our mind is inactive. Our physical and mental machinery is clogged. One, then, must make the break to get out of this endless circle, this treadmill of existence. One must get above these misanthropic lowlands of life.

A sound body is the foundation upon which to build upward. With a good body to stand upon, the highest levels can be reached. And a sound body is not such a difficult matter to acquire, if one will go earnestly about getting it or keeping it. Obedience to certain simple laws of health will keep the body in trim,—right food, sufficient exercise, fresh air, rest, recreation. Most people break or neglect all these laws. Their energy drops below par, and they too, drop to a low level of living. And work and life become monotonous drudgery.

If a person is sound physically and still lives at a low level, he is suffering from mental inertia. He probably doesn't realize what high level living means. He doesn't glimpse its joys, its exhilarations. He should wake up. He should put himself in touch with others who live the larger life, and thus he will come to see how worth while high level living is.

And high level living is for all. It isn't only for the professional man or the man of leisure. Every one should live at his highest level, the little shop girl, the clerk, the business man, the mother. Children grow away from a mother who herself does not grow and keep her life vivid. Living at the highest level means dwelling on the mountain tops of life where one sees life in its fulness on all sides. It is decidedly worth while. And many of us have unsuspected levels in us to which we can yet climb.

Barbara Boyd

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PURCELL'S

HOUSEHOLD NOTES.

Chloride of lime as a disinfectant is invaluable, especially on humid days in summer. Sprinkle it about the cellar floor if there is any evidence of dampness. It is advisable to sprinkle a little daily in the garbage can.

To make mushroom soup, peel and trim some large, flat mushrooms; lay them on rounds of buttered toast, place a lump of butter on each, pepper and salt, grill or bake till cooked through. Serve hot with good savory gravy.

A delicious and nourishing hot weather drink is a fruit negage. Beat up a raw egg well and then add a cupful of any fruit juice. Beat hard and then add gradually, still beating, half a cupful of cream. Serve immediately.

For a good silver polish, take half a pound of whiting and mix with two ounces of turpentine, one tablespoonful of ammonia and half an ounce of camphor. Apply to silver with a Canton flannel cloth; let dry and polish with chamolis.

Cold baked beans may be used as a sandwich filling or a salad. If for sandwich, mash them and season highly with tomato sauce, catsup or chili sauce. For a salad, a plain French dressing is best. Garnish with tomato and serve on lettuce.

If in making a salpicon of fresh fruit the diced fruit is sweetened to taste and then put into a mold or pail and packed in ice and salt for an hour or two, the dessert will be found especially pleasing. The fruit, partly frozen, is very refreshing on a hot day.

A substitute for aspic jelly is quickly made. Get a can of the consommé or bouillon and prepare it as for serving hot, adding enough gelatin to make it the desired consistency. Then it may be easily molded by itself or with poultry or meat as one desires.

Before washing silk stockings they should be soaked in cold water for one-half hour, and then washed in luke-warm water with good white soap. Common laundry soap should not be used, nor should the stockings be ironed, as heat is apt to crack silk.

Peaches are delicious served with ice cream. Make a plain vanilla cream. When frozen, line a melon mold with the cream and fill the center with the peaches cut into small pieces and well sweetened. Cover with the cream and then pack in salt and ice for an hour or two.

When boiling a pudding in a cloth, first wring the pudding cloth out in boiling water and then, spreading it over a bowl, dredge it well with flour, flouring it well again near the opening, after the pudding is tied. This will prevent the bag's contents becoming water-soaked.

It is a decided economy to stuff sweet green peppers with a forcemeat made of left-over meat or fish. The forcemeat may be mixed with a cream sauce or a little tomato sauce. If the peppers are set into custard cups or muffin rings while being baked, there will be no danger of their falling over to one side, thus spoiling their appearance.

To recur an ostrich feather have a teakettleful of boiling water and shake the feather vigorously through the escaping steam, being careful not to get it too damp. Next, take a silver fruit knife and beat down the feathers nearest and beat down a small bunch between the thumb and forefinger and draw it gently over the blade of the knife.

FASHION FADS.

Skirt hems of velvet are immensely fashionable.

Three-piece suits of serge are in great favor.

There seems to be no end of black velvet sashes.

White serge has jumped into favor with a bound.

Skirts shown a decided tendency toward drapery.

Green is the ruling favorite for evening gowns.

Satins continue to hold a firm position in fashion.

Rows of tiny buttons are used on wraps and gowns.

The Directorate coat may be a feature of fall fashions.

There is again springing up a feeling in favor of borders.

Mission handles are still in excellent style for umbrellas.

Each week sees long skirts coming more into favor.

One-sided disposition of frills and revlers is a dominant note.

Strong colors are boldly used in the new fall fashions from Paris.

Pearl buttons are used to a great extent in all line suits and dresses.

White and black is so far much the most important millinery combination.

The kimono sleeve is seen on many of the evening wraps and auto coats.

Black patent leather belts are worn with foulard and all dark silk dresses.

Manufacturers are already predicting that next spring's color will be blue.

Three-piece suits seem to have the strongest position of all in fall fashion.

There is an enormous popularity and revival of net in the world of dress.

Embroidered flit is the trimming par excellence.

An Autumn Hat Trimmed With Coque Feathers.



Big, soft felt hats, bent up in picturesque style, are being worn by the younger women with smart autumn suits of tailored type. The hat pictured shows the fancy for peaked effects, almost all the new hats of this order showing a sharp peak somewhere in the brim—usually over one or both ears. This hat, of smoke gray felt of beautiful, flexible character, has a band of fancy blue and green braid around the crown and a new coque feather plume tumbling from the top of the crown to the brim at one side near the back.

excellence for volles and marquiseettes.

Pearl beads, combined with rhinestones, are to be much in favor for trimming.

Dark blue over gray gives a restful color combination. It is worn by Parisians with gray hair.

Beaded robes and tunics are coming over in great numbers from French and German designers.

Sheer linen and cotton volles gowns are trimmed with silk as a reversal of the silk and linen idea.

The little frock of silk, satin, taffeta or charmeuse has enjoyed wonderful popularity this season.

Cuffs of white line nappier not only on suits, but they are seen on blouses and one-piece frocks.

It is expected that the lingerie gown will continue to be worn through the winter for indoor affairs.

Silk and wool poplins, ornamented with self-colored borders, will appear in many of the fall costumes.

Fringe has invaded the outer garment field, and is seen on some of the handsomest of the new wraps.

Many of the new French skirts show the exaggerated high waist line and elaborate shoulder drapery.

A novelty fall veiling has a small mesh in diamond design with large squares emphasized by cheville dots.

The deep collar, either square or pointed, is still worn. It in many cases reaches to the waist line at the back.

New, separate skirts are shown in velvets, corduroys, broadcloths, satins and fine volles. A few show fringe trimming and long tunic effects.

Not a Word of Scandal marred the call of a neighbor on Mrs. W. P. Spangh, of Manville, Wyo., who said: "she told me Dr. King's New Life Pills had cured her of obstinate kidney trouble, and made her feel like a new woman." Easy, but sure remedy for stomach, liver and kidney troubles. Only 25c at Woodall & Sheppard's.

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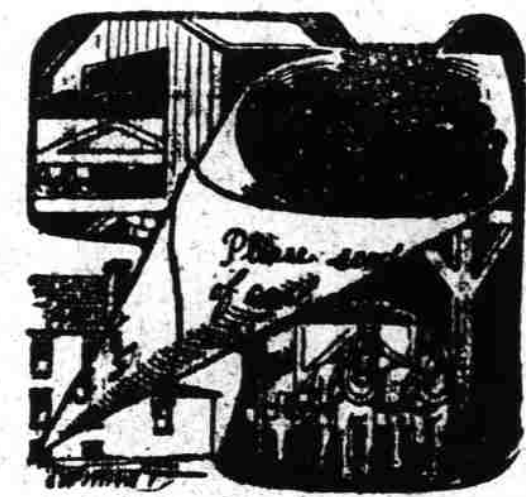
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FALL 1911



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