



Hints on Health - Exercise as Medicine.

Food and Insomnia.-In cases where indigestion produces insomnia we should , give no food during four bours or more before steeping time, or, if this is found to be disadvantageous, the food should be of the lightest description. So advises Sir Lauder Brunton, the famous English physician. Where flatulence and acidity prevents sleep some blcarbonate of soda and peppermint is sometimes more effisections than a sleeping draught. Occa-sionally, when the whole body gets too hot and the circulation excited, merely getting out of bed and walking a few times round the room to get cool will allow the patient to obtain sleep.

Electricity for Constipation,-The Medical Gazette, of Paris, and Fleig and Freukel, of Germany, have discovered that constipation is cared quickly and harmlessly by high-frequency corrents. They treated some twenty cases in this way with amelioration in every case. application was made with an uni-The polar connection, 110 volts, the electrode being either cylindrical or conical, according to the tolerance of the patient. The intensity of the current was gradually increased and diminished during each sitting, lasting from five to eighteen minotes, and varying in number from eight to ffteen.

Water Purity Test .-- To ascertain if water is free from organic pollution place a lump of sugar in a bottle nearly full and cork up. If after thus excluding the air and keeping the bottle in the light for

two or three days no milky cloud is ap-parent, but the water remains clear, then it may be considered free from the phosphotes with which sewage water is impreguated.

Sun Cure for Neuralgia-Let anyone who suffers from neuralgie faceache try how it answers to sit in a sunny window and let the soothing subshine fall upon the painful part. In nervous debility, too, and for insomnia, no treatment is so good as rest combined with plenty of sunshine.

Exercise for Business Men-This is the lims of year when thousands of business men suffer-especially in the mornings-with a peculiar, tired, de-pressed feeling. It is the weather. Many men go in for a tonic or dandelion salada, or some such thing. But the doctors, who know from experience, declare that exercise is wanted, some new and special form of exercise. It is in the morning that a form of manual labor is needed by the brain-worker. And the mos practical form of manual labor is woodsawing and wood-chooping. This newest cure is practically putting the city man back into his boyhood days in the country when of a morning he did the chores. It is only the business man in the suburbs, however, who nowadays can take the

prescription, for the dweller in flats has no place but the cellar in which to indulge in the work. The tired business man must take a

three-weeks' course of work and, will

then, the doctors guarantee, he in the nini of condition. Here is the prescription given by a noted physician: Rise at o A. M.; dress in old clothes. Go into yard or garden and commence sawing logs. These should be 9 feet long and a foot in diameter and should be sawn into 8-inch long sections. Saw for 30 minutes. Then take the axe and quarter the sec tions. Next take a chopper and chop up into inch sticks. The ax and chopper should also be used for 30 minutes. Then the business man eur go into the bouse, have a bath, dress, eat his breakfast leisurely and leisurely walk to his train or street car and get to work, that is, presuming he takes an 5:30 or later train or car. The doctors declare that wood-sawing or chopping is far more stimulating to the brainworker than any

amount of dumb-bell or other exercising

POINTS ABOUT SIBERIA.

The entire native population of Siberia does not exceed 700,000. No fewer than 1,000,000 exiles have been transported to Siberia since 1840.

Capital punishment for common law of-fenses was aboliahed in Russia about 1770. Although murder is punished by hard labor in Siberia, death is still a punishment for political offenses. The total population of Siberia, which

was less than 1,000,000 at the beginning of the sineteenth century, had in 1807 reached 5.727,000, and is yearly increased by some 50,000 immigrants from European

as different from the real thing as can be The maple sugar output is one of the principal industries of the Green Moun-tain State, yielding for its five hundred

thousands of pounds of sugar and syrup each year the spiendid revenue of approximately \$3,000,000. Next to Vermont the biggest producing state of maple sugar and syrup in this country is Ohio. augar and agrup in this country is Ohio, but the wisencre claims that the New England variety is the better of the two. New York and Boston take most of the Vermont product, but when it reaches those two cities it has been so adulter-sted by dealers that very little of the real article gets to the consumer,

Designed by Chas. S. Sedg-

wick, Architect, Min-

neapolis, Minn.

The ever-increasing popularity of the

The fashion in striped clothing his for sometime been prevalent in feminine modes, and men have quite accepted the crase, if it can be called such. Stripes have the peculiar effect of lengthening or shortening one's height. Perpendicular stripes make a short man look tail or a stoot man look thinner. Horizontal stripes make a thin man look a bit stouter and the man look shorter. tail man look shorter. The modern Beau -Brummei rather startied society by coming out inst fail with a dress suit of striped material, fol-

Masculine Modes - The Vogue of the Stripe. lowing this with a striped frock cost. In both of these the stripe effect is discern-able only at fairly close quarters. I am now told by the authorities in men's fashioss that the only thing not striped are hats. And these are expected with the advent of summer. Striped boots are the latest thing. Of course, the lesther is not striped, but the uppers are. The uppers are made of cloth, and the effect is sold to be very good. The, socks, shirts, pajamas, even un-Ties, socks, shirts, pajamas, even un-derclothing as well as suits and fancy

stripe effect, however, which is the most fashionable, is modest as to color and showing. The goods are of the same color, the atripe being produced by having it woven in in a different shade. In blacks the stripe is produced by a sliken or antiny thread woven in to the duller cioth. Some fancy walstcats, socks and such-like things have distinct colors, but these are left to the very young of very sporty man.

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COLONIAL OF EARLY TYPE.

A New Career for Men.

The modernizing of the world now and again creates a new career for men and boys. Quite recently a new and profitable pening has been made in which high pay can be carned, and travel and adventure of all sorts be indulged. This new and profitable field for specialists is in the salving of ships. It is true that ships have been salved from time immemoria!. But they were not the modern steel giants. As a matter of fact, the opening of this new career is a matter of the moment. So little of its opportunities has been perceived by the general public that the young men qualifying for it have been the sons of underwriters, shipowaers and whipmasters.

Progress in salving methods has come slowly. But the loss of immensely expensive battleships and other men-of-war in various parts of the world has stirred up the different nations, and nearly all the important governments have set about preparing scientifically equipped salvage departments, while the vast fortunes lost by the wrecks of great merchant ships have likewise made Lloyd's and others engaged in shipping ventures help in the organizing of a new class of salvors.

In the past there have been many sal-vage "doctors," who were qualified to raise the ordinary wooden sailing vessel. inpocent of bulkheads, and in recent years the great wrecking companies in United states and elsewhere have done some marvelous work. But it takes a specialist to handle a vast steel town of 22,000 tons or more, with its many

without doubt find many admirers.

1,000.

hole thus made.

mechanical intricacies, its innumerable bulkheads and fits wonderful cost, representing many hundreds of thousands, and, perhaps, millions.

The man who wishes to become one of the new style salvors will have to obtain an opening with one of the salvage associations, which are controlled by the underwriters and shipowners. Or he might start in with one of the wrecking companies which makes a specialty of marine contracts. When he becomes a qualified salvor he will make in salary and fees anything from \$5,000 to \$25,-000 a year under the new system. A sound education is necessary, embracing as many languages as possible; a knowledge of the handling of a ship and tackle, and an intimate acquaintance with modern shipbuilding, hydrostatics, the use of pneumatic principles and appliances, meteorology and kindred subjects. Practical experience as a diver is, of course, indispensable.

Physical fitness and endurance is also necessary, for the new style salvor will be required to go to all parts of the world, to make long journeys across rough country on foot or horseback, to live in tents or huts or small rough craft while directing operations.

A Fan's Philosophy. And in the game of life we play

It's very much the same. Play ball. Don't kick or else you may Be ordered from the game.

Somehow a woman with short bair al-ways makes a man wonder how he would look in petticoats. Money talks, but nobody notices what kind of grammar it uses. It is easier to love some woman than to

Epigrams.

have to tell them you do. Dolls are made for girls to play with, not men to marry. Trouble is something that many are looking for, but nobody wants.

A lie is a poor substitute for the truth, but it is the only one discovered up to date.

A chauffeur is a man who is smart enough to work an automobile, but clever enough not to own one.

Two things you can find in the dark-a carpet tack and a limburger cheese. The world is full of willing people-

some willing to work and some willing to let them. worst of life is that there is so

little of it. Poach nothing but eggs .- From Tonsta and Maxima.

Vermont's Maple Sugar.

In the cities of this country maple sugar or pure maple syrup is virtually unknown, the article that is sold in a city like New York, for example, being



chimney on each side, its extended cirplazza at the right, porte-ee cular at the left and entrance porch in the center, with terrace on either side, com-pleting the quiet restfulness of the front.

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> > By Dorothy Dale.

keeping with the general style. On the main foor is the living-room and diningroom on the right side of the he lway and a library on the left, back of which is the rear hall, side entrance through finished in mahogany, with beam celling, and the library in oak, the entire remain-ing finish of hallway and second story is in white enamel, using very small amount of woodwork. The floors are plain pol-ished hardwood. The kitchen portion and the attic is finished in hard place and var-nish. The basement is very complete, with fine laundry, drying-room, servants bathroom variable fruit and when and

bathroom, vegetable, fruit and wine cel-lars, heating and fuel rooms and outside entrance. The windows throughout are ginzed with plate glass. The second story ginzed with plate glass. The second story has five beautiful chambers and two I⁺ is rooms, with ample clothes closets. The attic story is devoted to a large am.'s ment room and three servants' rooms. All of the exterior woodwork, cornices, win-dow frames, sash, plazzas, etc., are painted white. This is a model home of its kind, with a liberality of space on every side and a feeling of hespitulity, more in evidence than in many of our modern homes.

old colonial homes is an evidence of love of the native-born American for simplic ity combined with home comfort. In the early history of our country necessity was the impulse that, was back of our forefathers in all of their work. Privation and hardships made it necessary to avoid all attempt at display, and the natural feeling of our Puritan ancestors was for absolute plainness. In these later days it is not so much a matter of necessity no yet any lingering Puritanical Ideas that control us, but it is more from the sense

FIRST FLOOR PLAN.

The ground size is 34 by 51 feet, exclu-sive of the kitchen portion that is one story in height. The first story is 9 feet high and the second story 8 feet 6 inches. This house was recently built for \$12,000. The exterior is covered with glazed shingle tile, the side walls as well as the



Feminine Fancies.

net or ince.

BEATRICE CAREY.

A Delicious Salad.

Remove the skins from white grapes, cut in halves and remove the seeds. Blanch an equal quantity of English walnuts and pecan nuts and break in pieces. Remove the peel from several oranges and cut in lengthwise slices. Dress each separately with oll and a little lemon juice. Mix and serve on heart leaves of lettuce with mayonnaise dressing.

Orange Sauce (for puddings. custards, etc.) .- In the upper part of a double boiler cream one-fourth of a cup of butter; add the yolks of four eggs, one at a time, and beat in thoroughly; then add one-fourth of a cup of sugar when all are blended, four tablespoonfuls of cream and cook over hot water, stirring constantly. When thickened slightly add one-fourth of a cup of orange juice and one teaspoonful of lemon juice.

This season the fashion of having laces and trimmings dyed to match the material has been revived, and some delightful models recently shown are in linen or pongee with heavy filet laces of filet nets braided with soutache, which are dyed to exactly match the material of the gown.

coat, of which both front and back The views are shown, is a charming model for a summer costume in either white or col-ors. It is a combination of linen, filet ince and soutache braiding, the design being sketched on a model in pale grey linen with a black satin collar and buttons, but the front view shows how the coat could be carried out without the touches of black or in all white.

This coat or wrap was cut after an Eton model with long stolelike exten-sions in front, the back of the coat having this extension in pleated lines or ince, the sides of the garment being open, The skirt was gored, circular and had a band of ince set in above the hem.

Gowns and Wraps for Summer Wear. By Dorothy Dale.

SECOND FLOOR PLAN.

The other frock shown in the drawing gives an excellent suggestion for the combination of checked with striped ma-terials, the check being used as an edge or border. The model was of white and green striped mercerised gingham in combination with checked gingham to match.

Often by the clever use of two differ-ent materials in this way, if the color is right and the combination is well seright and the combination is well se-lected, a very inexpensive frock can be made to look like one of the costly bordered or robe dresses. For instance, I saw a very modish liftle freck made of plain lavender cotton volle, which was only 20 cents a yard. This was com-bined with a novelty material, the pat-tern of which showed a lavender and white blaid volle with corded lines of white plaid volle with corded lines of white and half-inch wide white stripes showing little flower figures also in white. This striped material was used for bands about the bottom of the skirt, about the pointed yoke, and at the edges of the

sleeves. For separate wraps for evening wear this summer oft satin will be one of the smartest materials. These are generally made in either cape or Japanese style, are quite long and fail in graceful folds from the shoulders. One odd and very

Items of Interest.

When there is sickness in the house, particularly when the patient has fever, one of the greatest troubles is to keep icewater up stairs. The constant ronning about that a nurse usually does is generally more tiring than the actual caring for the patient, and the keeping of icewater up stairs, where it can be readily reached, will save many a hurried trip to the pastry or basement, where the refrigerator is usually kept. The following method of keeping ice

The following method of keeping ice-water up stairs is very good and has the added advantage of entailing no ex-pense: Fill a pitcher with ice and water and place in the center of a newspaper; gather the newspaper at the four corners, bringing them together at the top; twist the ends tightly together, so as to exclude the air, and place a rubber bund tightly around them. A pitcher of water treated in this manner will last through a com-plete night, with a scarcely perceptible lows of ice. Paper is a most excellent nonconductor of heat and cold, and this same plas may be used in keeping things warm, although the paper will not retain heat as long as cold. Bariey, if bolled in water until the con-

Bariey, if bolled in water until the con-sistency of rich cream, and used on the face, will remove sunbars and leave the skis soft and white.

A bag made of cheese cloth and loosel filled with powdered ornis root, powdere noop and French bran, is simply delight ful in the summer bath.

The keys of a plano may be cleaned to the use of a soft cloth dipped in alcoh-and grouty rubbed on the keys. A pin-should not be kept constantly closed, this has a tendency to yellow the keys.

striking model was in light percock blue satin, with a vest of the satin embedd. ered in silver and different shades or peacock. The cloak was made with a bias seam in the middle of the back and another under each arm-the under arm seams being opened to within about five inches of the wide armhole. The straight Jap-anese sleeves were rather short, and from under them fell a second straight wide sleeve of peacock net or tulle worked with sliver.

Other satin wraps shown were more simbe in style and over or two very attractive models showed little trimming except buttons of the safin and heavy silk tas-sels. Heavy pongee is also desirable for separate wraps, but these are more used for sutomobiling, driving, etc., and are more mannish in style.

Tor encodeding, driving, etc., and are more manulah in style. For early spring wear and for a useful frock for summer shopping tours, etc., the foulards are again in favor and are shown this season in unusually attractive patterns, especially in striped, dotted and checked patterns. They are very simply made with gored akirts and are often unlined, a good fit being insured by the carefully fitted and boned draped girdle. These foulards are often finished by mar-row piping of some contrasting color in harmony with the general color schema. The yokes of these gowns are generally made of tucked net, point d'esprit or washable ring dot tulle. Cluny edge and baading is very pretty inserted into these simple net yokes, which are generally finely tucked by hand.

Asparagus Recipes.

Asparagus on Branches.

Scrape the coarse scales from the branches, cut in equal lengths and the in bunches. Cook the asparagus in a small quantity of water, drain and dispose on a well-tonsted and buttered slice of bread. Rub the yolks of three hard-boiled eggs to a smooth pasts, add one-fourth of a teaspoonful of sait and a dash of pepper then gradually beat into the eggs en butter, softened but not melted, to make a sauce of the consistency of mayonnaise dressing. Mask the asparagus with the sauce and serve at once.

Asparagus Patties.

Asparagus Patties. Make a since of three level tablespoon-fuis of butter and four and half a cup each of chicken broth, cream and the water in which a bunch of asparagus has been boiled. Add the beaten yolks of two eggs, a traspoonful of femos juice, sait and pepper and a bunch of hot as-paragus, cut in small pieces and cooked until tender. Serve in hot puff pasts shells in cases made of fritter batter or in bread cronstades.

Asparagus, Spanish Style.

Asparagus, Spaniah Style, Cook the asparagus tied in a bunch, the tips out of the water, or cut the tender portion into small pieces; put all but the tips over the fire to cook, and when part-ly cooked add the tips. Drain the aspara-gus and turn into a serving disk; add two tablespoontuis of vinegar or lemon julce to the water, and in it posch three, or four eggs; place the eggs in the asparagus and pour over the whole French dressing to which a tesapoonful each of findly chopped capers, parsiey and encamber pickles have been added. SARA CRANFORD.

lently for the work, which goes very Among the nevelties offered to needlelinen is then carefully cut away with a quickly. These luster or mercerized cotworkers is a new adaptation of an old small, sharp pair of scissors, great care ous come in so great a variety of colors and well-known stitch. Wallachian embeing taken that the mesh of the net or broldery is one of the most effective styles and in so many weights that one does not lace is not cut. in the field of needlework and as it is deexperience the elightest difficulty in ob-This Wallachian, or raised French, embroidcidedly pretty and easy to do it will taining any desired combination of color. ery, done to all appearances directly on thin Detachable collars and cuffs to be worn net, is also most desirable for fine lingerie The sketch shows a buttonhole stitch, on coats of serve, linen or tweed appear waists and for lingerle gowns and must be alightly slanted toward the petals, so me to be more in request this season than seen to be appreciated-the effect is so to turn the corners nicely, the rings being last and the sets showing hand embroidnew and attractive. Monograms on pilworked in straight, even stitches. The ery are, generally, beyond the means of lows, as in the illustration, and also on centers of the rings are punched with a most women of moderate means, while underwear or on handkerchiefs are often stilletto and the needle always put in the those which are elaborately worked with done in French embroidery after the manmotifs or insets of lace and fine French ner described and the letters look ex-A strand of four or five threads of fine work are often out of the question and tremely well on the background of sheer

Designs for the Home Needleworker. By Beatrice Carey.

mercerized ootton or one thread of coarse. too expensive to be considered. cosely twisted, luster cotton does excel-The design shown, while up to date, as well as showing the latest fashion in hand work, is quite within the capability of any girl or woman who can sew neatly. The set pictured was done in white wash cotton on white filet net. This same design may be worked on linen of any desired color or with colored floss, but for very hard and constant wear I should

> recommend the all white. The scallo, ed edges should be run with three or four rows of uneven darning before being buttonholed, but in carrying out the buttonhole pattern no padding is required.

> The fashion of using an allover lace, valenciennes, mesh net or fliet net, on which raised hand embroidery is used is charming, and though the method of working may be puzzling to the inexperienced worker, it is really not at all difficult. The design to be embroidered is first stamped or drawn on white lawn, linen or nalusook, which is then firmly and smoothly basted over the net or lace. The embroidery is then done, the work being done through both fabrics-that is, the net is caught by all the stitches. After the design is finished the lawn or

Filet Net Embroidery.

Mint and Its Uses.

Mint is always a favorite herb and a mint bed will develop with the least bit of encouragement. The herb has countess nees. Many sweet dishes are improved by the flavor of a leaf or two chopped fine. Bruised or chopped mint may be added to a cooked vegetable, an apple or celery saind, or a meat saind, or to a potato or cream of pea soup.

To make a mint julep, chop very fipe several tender sprigs of fresh mint and mix with a tablespoonful of sugar and five of water, divide for two glasses. fill two-thirds full with any preferred wine. d drop in some finely pounded ice. staish with three or four mint leaves is the enems down in the liquid, in the rm of a bouquet. Serve with straws. p making mint sherbet, the leaves are

sking mist sherbet, the leaves are bruised slightly; add a packed copful to a plat of bolling water; for twenty minutes. Add the grated rind and the julce of a leaves and hel of sugar. Cover had let it in-netti cold. Firmin out the leaves out the lightly into the cost of the packing with equal quantities of a unit; freeze till it is of the cost

sistency of melted snow. Remove the dasher and pack the can with ice and salt and cover with burlap until ready to serve. Serve if convenient in small green ginss sherbet cups, flecked with gold. The universal accompaniment for spring lamb or game is mint sauce. To make it chop fine the well-cleaned leaves of a bunch of mint and pour over them a half a cupful of boiling water and two tablespoonfuls of sugar. Cover closely and let stand in a cool place for half an hour. Then add a bit of papriks pepper. a quarter teaspoonful of salt and four ta-blespoonfuls of vinegar. Mix well together.

sether. Mist shutter is an appetiting dish and is made with a handfull of foely chopped mint issves; add to them a cupful of seeded raisins, two tablespoonfuls of sp. gar, one of tomato catsup and a sait-spoonful of sait. Mash and mix together until the substance is juicy. Serre is a glass asucebookt as an accompaniment to celd meats. Mint planted in March will be ready to clip in May. Planted in October, clipping may be began in March. BARA CRANFORD.