

The Men's Corner.

By Charles Byng Hall.

Hints on Health - Exercise as Medicine.

Food and Insomnia.—In cases where indigestion produces insomnia we should give no food during four hours or more before sleeping time...

Exercise for Business Men.—This is the time of year when thousands of business men suffer especially in the morning with a peculiar tired, depressed feeling...

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.

Electricity for Constipation.—The Medical Gazette, of Paris, and Fleig and Frekel, of Germany, have discovered that constipation is cured quickly and harmlessly by high-frequency currents.

Water Purify 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 three days the sugar and the cork are found in the light for

then, the doctors guarantee, be in the pink of condition. Here is the prescription given by a noted physician: Rise at 6 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.

Capital punishment for common law offenses was abolished in Russia about 1770. Although murder is punished by hard labor in Siberia, death is still a punishment for political offenses.

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 opening has been made in which high pay can be earned, and travel and adventure of all sorts be indulged.

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

Epigrams.

Somehow a woman with short hair always makes a man wonder how he would look in petticoats.

Progress in sailing methods has come slowly. But the loss of immensely expensive battleships and other med-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 sailing 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 sailors.

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.

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

Masculine Modes - The Vogue of the Stripe.

The fashion in striped clothing has for sometime been prevalent in feminine modes, and men have quite accepted the craze. If it can be called such. Stripes have the peculiar effect of lengthening or shortening one's height.

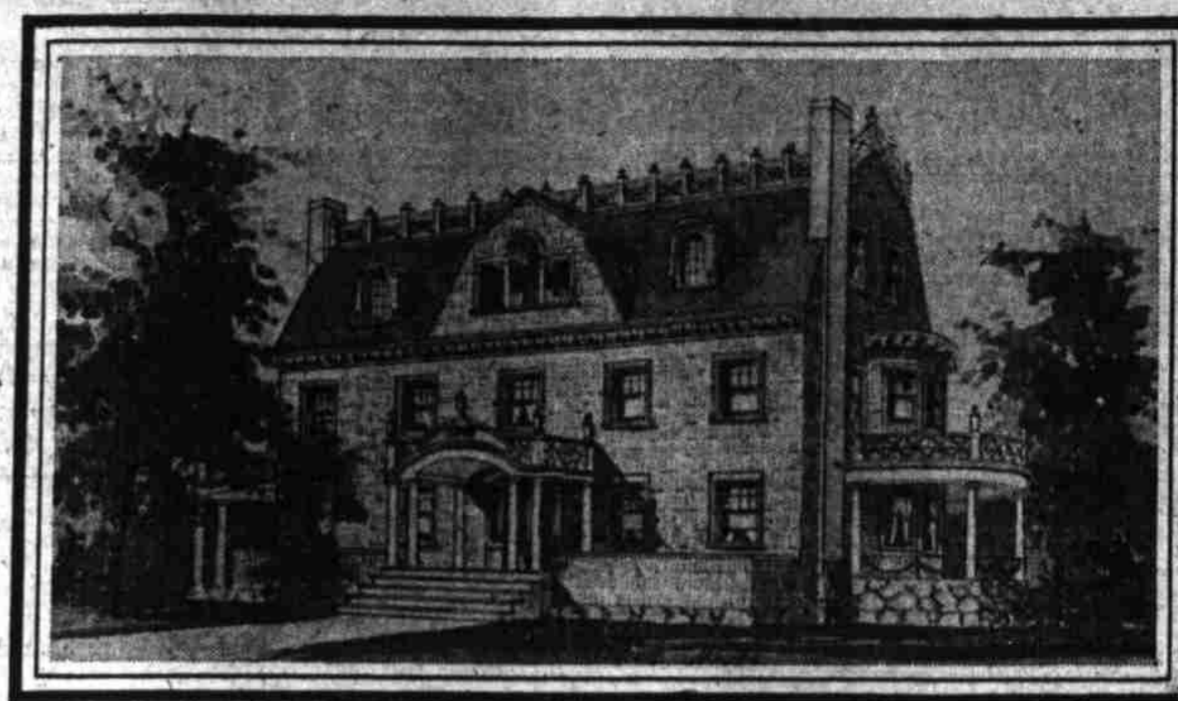
lowing this with a striped frock coat. In both of these the stripe effect is discernible only at fairly close quarters. I am now told by the authorities in men's fashions that the only thing not striped are hats. And these are expected with the advent of summer.

waistcoats are all striped nowadays. The stripe effect, however, which is the most fashionable, is modest as to color and showing. The goods are of the same color, the stripes being produced by having it woven in a different shade.

A COLONIAL OF EARLY TYPE.

Designed by Chas. S. Sedgwick, Architect, Minneapolis, Minn.

The ever-increasing popularity of the old colonial homes is an evidence of love of the native-born American for simplicity combined with home comfort.

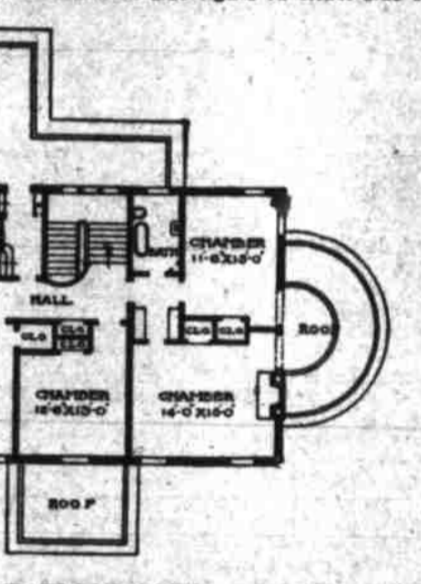


The ground size is 34 by 51 feet, exclusive of the kitchen portion that is one story in height. The first story is 9 feet high and the second story 8 feet 9 inches.



The exterior is covered with glazed shingle tile, the side walls as well as the roof. The roof, which is high pitched, is treated with a center gable in front with recessed balcony and the familiar round-topped dormers on either side.

keeping with the general style. On the main floor is the living-room and dining-room on the right side of the hallway and a library on the left, back of which is the rear hall, side entrance through porte-cochere, lavatory and bathroom, rear stairs from basement to attic, a corner servant's dining-room, back of which is the ample kitchen and culinary department, with the butler's pantry opening through under the main staircase into the dining-room.



The second story is devoted to a large sleeping porch, lavatory and bathroom, rear stairs from basement to attic, a corner servant's dining-room, back of which is the ample kitchen and culinary department, with the butler's pantry opening through under the main staircase into the dining-room.

Feminine Fancies.

By Dorothy Dale.

Designs for the Home Needleworker. By Beatrice Carey.

Among the novelties offered to needleworkers is a new adaptation of an old well-known stitch, the Wallachian embroidery is one of the most effective styles in the field of needlework and as it is decidedly pretty and easy to do it will without doubt find many admirers.

lently for the work, which goes very quickly. These luster or mercerized cottons come in a great variety of colors and in so many weights that one does not experience the slightest difficulty in obtaining any desired combination of color.

lines is then carefully cut away with a small, sharp pair of scissors, great care being taken that the mesh of the net or lace is not cut.



Filet Net Embroidery.

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 net pictured was done in white wash cotton on white flannel. This same design may be worked on linen of any desired color or with colored flannel, but for very hand and constant wear I should recommend the all white.

This Wallachian, or raised French, embroidery, done to all appearances directly on thin net, is also most desirable for fine lingerie waists and for lingerie gowns and must be seen to be appreciated—the effect is so new and attractive. Monograms on pillowcases, or on handkerchiefs are often done in French embroidery after the manner described and the letters look extremely well on the background of sheer net or lace.

A Delicious Salad.

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

Gowns and Wraps for Summer Wear. By Dorothy Dale.

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 flax laces of flint net braided with soutache, which are dyed to exactly match the material of the gown.

The coat of which both front and back views are shown, is a charming model for a summer costume in either white or colors. It is a combination of linen, flax lace and soutache braiding, the design being sketched on a model in pale grey lines 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.

striking model was in light peacock blue satin, with a vest of the same embroidered in silver and different shades of peacock. The cloak was made with a bias and in the middle of the back had another simple net yoke—the under and another being opened to within about five inches of the wide armhole. The straight Japanese sleeves were rather short, and from under them fell a second straight wide sleeve of peacock net or tulle worked with silver.

Mint and Its Uses.

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

consistency of melted snow. Remove the dasher and pack the can with ice and salt and cover with lard until ready to serve. Serve if convenient in small green glass sherbet cups, flecked with gold.



Other satin wraps shown were more simple in style, the one-piece wrap being attractive models showed little trimming except buttons of the satin and heavy silk tassels. Heavy pongee is also desirable for separate wraps, but these are more used for automobile, driving, etc., and are more masculine in style.

For early spring wear and for a useful frock for summer shopping tours, etc., the foralides 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 skirts and are often unlined, a good fit being attained by carefully fitted and boned draped bodices. These foralides are often finished by narrow piping of some contrasting color in harmony with the general color scheme.

Items of Interest.

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

Asparagus Recipes.

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