

tened here and there with small hair-pins, with heads set with turquoise—the fashionable spring gem. The hair is fluffed a little around the face with the hands, to give the roll effect. Miss Cayvan wears it in its perfection.

## WHITE HANDS.

Here is a sure cure for rough, red, hard hands. It comes from a woman who spent last summer at Warrenpoint, a famous watering-place thirty miles from Belfast:

"During the season Irish girls leave their chickens and cows and come to Warrenpoint to mind children for the guests. They are big, strong, merry-hearted creatures, green as the country grows, with pink and cream complexions and the most beautiful hands imaginable. I couldn't account for them because they were frequently misshapen and disfigured by ugly, often claw-like, nails. The texture was superb and I made up my mind to get at the secret. Here it is. In every farm-yard there are two bins, one containing bran for the cattle and the other oatmeal for the chickens. When the girls go to milk they wash their hands at the pump and they dry them in the chicken feed. The result is superb hands—smooth, soft and white. When I left the village I took away as much Irish meal as I could carry. Now I buy the stuff in the feed store and I use it. I keep it in a bowl in the bathroom; I wash my boney hands with castile soap and a pinch of meal, mop them with a towel and dry them in the bowl. My hands are not soft—bones never are—but look at them!"

They were beautiful—smooth, warm, fine-skinned and as white as bread.

## BEANS AS FOOD.

Dr. J. Feeny, one of the most prominent physicians on Staten Island, has abiding faith in white beans. He has them soaked over night, baked six hours in a slow oven with molasses and a ration of bacon, and served at every meal 365 days in the year. The dish, he declares, has all the food properties of life. His children are pictures, his wife is a beautiful matron and their home is actually redolent of health.

## THE RED TONGUE.

Keep your eye on your tongue if you want to be beautiful. It is the weather-glass of your interior organization. If it shows a bright red be merry and sing. You are in fighting trim and you ought to win. For, as the ruddy, noble Gladstone puts it, nothing is impossible to the well man. If the tongue is pink be warned, take heed, have a care—and a diet of digestible foods. If the tongue is white any doctor will tell you "it is a bad sign," and charge you two dollars for prescribing a laxative. The very best thing for a person who has nothing to do is a fast. The system will adjust itself in its own way if given a chance. Hot beverages are permissible—clear soups, table drinks, &c.; the semi sick can keep herself very much alive with nothing to eat but oranges—the fibrous parts of course to be rejected—and in three or four days she will be in prime condition. The cure is well worth trying, but it is not easy. And it is not practical where there is work to do. A bad stomach is a bad thing to own. It is the source of all the badness in the world, an able member of the Social Purity Society declares. Drug shops are full of stuffs. For good digestion

many of them are best let alone. Fruit salts and old-fashioned salts are not harmful. Then there are figs, always worth their weight in gold. No matter what you do, look at your tongue and keep it red, even if you can't keep it still.

## WHAT PINCHING DOES.

An ingenious Yankee has taken an idea from the Chinese, and has invented a process to make the feet small and the fingers taper. The gentle and painless pressure constantly employed will have a distinct effect we have often been told. "Pinch the points of your fingers every time you wash your hands," it is an old-time rule to make the fingers rosy and pointed; and a southern woman whose small, delicately pointed nose is the exception in the family (the rest of its noses being decidedly thick at the end) declares that she owes this successful feature to the patience of her mother who kept a hairpin astride of her little pug nose while she did her lessons as a little girl. In the invention above referred to, for which it is said that a patent has been issued, the necessary pressure is obtained by thin aluminium bands to be worn at night and it might be suggested to the patentee to put a nose shapener on the market at the same time.

## YAWNING IS GOOD.

"Not only is it very healthy to yawn," says a French physician, "but artificial yawning should be resorted to in case of sore throat, buzzing of the ears, catarrh and like troubles." It is said to be as efficacious in its way as gargling the throat, with which process it should be combined. The reason stated is that during the act of yawning there is considerable stretching of the muscles of the pharynx and soft palate, which are in this way put through a sort of massage; besides this, in the act of yawning the throat tubes contract and drive into the pharynx the mucus that has accumulated.

## PRACTICAL HINTS.

China may be mended as firmly as a rock by the following recipe, two persons will be needed for the work, however, for the manipulation must be rapid: The necessary materials are a little unslacked lime, pulverized; the slightly beaten white of egg, and a small hair brush such as is used for mucilage. Put the white of egg on the broken edges of both pieces to be joined, and immediately dust one edge with the powdered lime; put the two edges accurately and firmly together, hold in place for a minute or two and then lay aside to dry.

To keep your silver bright without constant cleaning, which is injurious to the plated articles, dissolve a small handful of borax in a dishpan of hot water with a little soap, put the silver in and let it stand all the morning (or afternoon, as the case may be), then pour off the suds, rinse with clean cold water and wipe with a soft cloth.

Use flannel to wash the children with in winter and they will be good-natured while hatching.

## THE FAR NORTH.

## SWEDEN.

The jail in Nedre Kalix was burned down.

Alderman Gustaf Kolmodin of Visby died at the age of seventy years.

The city of Gefle, province of Gestrikland, has now 25,000 inhabitants.

Several persons were found frozen to death not very far from the city of Lulea.

Neils Henrik Schollin, a prominent manufacturer of Karlsrona, died at the age of eighty-two years.

Several Finlanders living in America have sent home 600 crowns to the famine-stricken people of Norway.

Captain W. T. Unge of the Upland regiment, will visit the World's Fair for the purpose of studying military matters.

The aldermen of Geneva, Switzerland, have in the city hall of that town hung up a large picture by the French painter David and representing Charles XII of Sweden. The work of art is highly praised by a Geneva paper.

A banquet was held in Stockholm the other day in honor of Rev. W. Lindholm, who is to visit the Swedish baptists of the United States. Rev. Lindholm will travel in America for a period of four months.

Between twenty and thirty Swedes have emigrated to Congo, Africa, during the last few months. It is a noteworthy fact that most of the steamers on the Congo river are commanded by Swedish officers says a Swede, who lives down there, and able, intelligent representatives of their nationality will be received with open arms.

In a letter to Prof. Hjerne, of Upsala, Bjornstjerne Bjornson says: "You speak about the desire of Russia to obtain an open (free from ice in the winter) harbor in Norway. In this you are surely mistaken. Russia does not need any new open harbors for its transit goods, for it has enough of them already; but it desires a way, a railway to such an one. If Russia prefers a way to the Atlantic to one to the Arctic ocean, I think we ought to accommodate her in that respect. Rather be accommodating than keep up a continual danger—as a political weapon against the independence of Norway."

The women of Sweden asked for 3000 of the 35,000 crowns appropriated to the Chicago World's Fair—less than one per cent of the whole—but even that was flatly refused. But the women had already decided to be represented, and the committee in charge is making great exertions to raise the necessary funds. The support of the queen has paved the way to many people of wealth, who could not otherwise have been reached, and the royal committee, which is responsible for the public appropriations has at last consented to transport their exhibits to the fair. It will cost about 5,000 crowns to send a representative to the fair; and this sum is now being raised. The exhibits reflect great credit on the Swedish women.

## NORWAY.

Mrs. Maria Abrahamsdotter, of Christiania, died at the age of 100 years.

An ice carnival at Trondhjem had to be postponed because it was too cold!

At a ski running match near Trondhjem a Mr. Aslakson cleared 91 feet in a long jump contest.