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swimmers are deluged from lack of information, which renders their experience unavailing.

So the year has it.

Among the fashionable establishments which make a specialty of giving refined golf and swimming courses is the recently established and easily accessible the stream of society, as well as her sister less favored by opportunity, if not by grace, is the swimming school and gymnasium at Fifth avenue and Forty-fifth street, New York City, established in 1923.

The place is unique. It is the only institution of its kind in the country where one can have the combined advantages of long indoor swimming, athletic

is best to use gum arabic starch. Mix it up into a bottle an ounce gums arabic and pour over it a cup cold water. Stand the bottle in a dish of cold water and place it over the fire until the gum is dissolved. Then strain it through a fine sieve or piece of cheese cloth into another bottle. When it will be ready to use, when needed. When

fastness to the pupil on the occasion of her graduation from the instruction room, and which holds her in the water wisely refusing to move unless the proper arm and leg motions are made. Opposite to the entrance, across a small stream of about a foot deep, through a mesh of horizontal bars "borers," hanging rings, trapezes, etc., one sees a charming picturesque effect of real rocks, an occasional shell around which the water plunges in a cursive stream and a scenic background of mountains fading into a dim perspective of snow capped peaks beyond as far as Forty-sixth street, I should think.

To remove ink stains from white cloth peroxide of hydrogen should be poured over the spot and then rinsed.

serted branch seems are broad bands of lace (inset) that permit the white to gleam through. The bodice has the inset section let into the net horizontally and little lace fills head each band.

A dainty demitasse just imported is of black lace mounted over white satin. The lace on the skirt being arranged in a series of ruffles, each edged with a tiny ruffle of black and yellow. The sleeves are of the white and ruffled on the outside of the arm by a line of yellow inset. The bodice is a blouse of white accordion-plaited muscadine de soie with a jacket of the yellow lace over it. A scarf of the muscadine de soie is elaborately trimmed with the yellow

Sometimes a potted plant becomes what gardeners call root bound. The roots cling to the inside of the pot, and get so intertwined among themselves that the growth of the flower is much im-

When You Write to the Queen

The paper on which letters to Queen Victoria are written must not be folded. No communication which bears evidence of having been creased or torn falls into her majesty's own hands. The proper method is to write on a single sheet of paper and to dispatch the letter in a folded envelope. A six-fold letter is a sure guarantee of privacy. Any folded communication never reaches the queen, for the simple reason that she never looks at it. All such letters are opened to the mistress of the robes, and, as a rule, their contents never go beyond her, or if the letter is of importance it is returned to the writer.

to loosen the roots is required. The following directions were given to a amateur hunter for the purpose by a professional: Four hot water on a little tobacco, a little salt soap and a pinch of salt. Let it stand until it becomes a jelly. Then strain and add a small quantity to the water with which the plants are tended every time that