

your breathing exercises. When you are morally sure you have got your diaphragm under complete control, then slowly raise the arms to the head, taking in quiet breaths until the lungs are well distended, hold the breath as long as practicable and expel very slowly as you lower your arms. Do this ten or twenty times two or three times a day.

The Lives We Live.

THE WORLD'S FAIR.

Everybody, individually and collectively, is busy, yes, more than busy, crowded with work which everybody individually and collectively is doing for the World's Fair. It often comes into my mind—Who is going to see all these things? Did you ever notice half of the things fashioned for our Territorial fair? Who sees all the wonderful and ingenious things designed and made for a state fair? The only thing I can remember of the great Missouri state fair, is the high pile of granite iron ware, which tired me to death, just to look at it. I have traveled over a number of very fine state fairs, and have visited our own fairs, but from them all I must confess to being so stupid as to carry away nothing but the dimmest, most confused notions of piles of machinery and oceans of cloth. It is perhaps because I am nothing but an ordinary woman, but these high pageants have never helped me a bit, nor have they added one recognizable item to my store of information. However, I am sure they must be productive of a great deal of good to somebody, else they would not be so popular and people would not visit them. I sometimes vaguely wonder, in quite an ordinary sort of way, if the question of booming the town, or the country, or the nation has the least little bit to do with all the enthusiasm manifested. Is there any money in the eye of the Fair projector? However, I do realize the fact, that you and I, dear, tired sister, in order to be in step with the times, must do our very best to make a showing there. And if we feel in our inmost souls that not one person out of the millions will look at our contribution, yet we do have the immense satisfaction of knowing that we have enlarged our own capacities, have broadened our own outlook upon life, by our efforts, and if we do that, what does the rest matter?

Miscellaneous.

Say Mrs. Gramirs in the *Church Union*.

There is little danger of too great cultivation of the "mother-love" in the right direction.

Watchfulness over sons and daughters, or that love, reaching too far from the Christian fireside of mothers who know the benefit arising from the exercise of the patience, long-suffering and sweetness gained by the constant exercise of these qualities toward those of their own household, cannot be overestimated.

While much depends upon the mother, there needs to be far greater effort made to impress upon the boys the advantage, duty and privileges to be gained by the increase of father-love and daily companionship of the father with his children. The father gains quite as much knowledge and enjoyment during the early years of fatherhood from the intimate association with his children as does the mother. Neither father nor children can make good in middle life

that which they have lost by the want of intimate companionship in the past. There never was a father from forty to seventy who would not acknowledge his gains in this respect if he possessed them; and no father who has failed, if he be an honest man, will refuse to acknowledge, if he be asked, whether he were to live his life over he would secure that which can only be obtained by intimate companionship with his children. Let us teach the boys quite as much as the girls, that they are to become the parents of the coming citizens.

Floral Ball Gowns.

Many of the new ball gowns have a decidedly floral appearance. Caught here and there among the filmy ruffles which decorate the skirt of a dancing gown will be half hidden bunches of rosebuds, violets or daisies. Flower corselet belts are much worn, and delicate and becoming they are. The belt part, which encircles the waist, is of narrow ribbon covered with flowers. The corselet effect is formed of the twisted stems and the flowers. An odd belt of this description was made of mignonette and worn over a violet gown.

Roasted Almonds.

Shell fresh, sweet almonds and pour boiling water over them; let them stand for two or three minutes, skim out and drop into cold water. Press between the thumb and finger, and the kernels will readily slip out of the brown covering. Place the blanched almonds on tins and set in a moderately hot oven with a bit of sweet butter over them until nicely browned.

To Care for Kerosene Lamps.

If kerosene lamps give off an unpleasant odor, give a bad light and smoke, put the burners in an old saucepan with water and a tablespoon of soda, and boil for half an hour. Do not cut the wicks, but rub off the charred surface each morning with a rag or piece of soft paper.

Stewed Celery.

Scrape and wash the green stalks of celery; cut in pieces and soak in cold water fifteen minutes; take out, put in a saucepan and cover with boiling salt water. Let cook until tender; when done drain and throw in cold water. Put one tablespoonful of butter in a frying pan, let melt; add a tablespoonful of flour, mix until smooth, thin with half a pint of milk and stir until it boils; add half a teacupful of hot water, season with salt and pepper; mix with the water in which the celery was boiled. Put in the celery and serve.

Sauces and Garnishes.

Parsley is the commonest garnish for all kinds of cold meat, poultry, fish, etc.

Horseradish is used for roast beef and fish.

Slices of lemon are used for boiled fowl, turkey and fish and for roast beef and calf's head.

Barberries, fresh or preserved, go with game.

Currant jelly is used with game; also for custard or bread pudding.

Apple sauce is for roast goose.

Mint is for roast lamb, hot or cold.

Sliced Seville oranges for wild duck, widgeons and teal.

For Young Housewives.

Dry the tin dishes before putting away.

A few drops of salad oil on tar stains will remove them.

Add a pinch of salt to whites of eggs to make them beat up quickly.

Vinegar will remove the disagreeable odor of kerosene from tinware.

Never wash raisins that are to be used in sweet dishes. It will make the pudding or cake heavy.

To make brooms last longer than they ordinarily do dip them once a week in boiling suds. This toughens the strands.

Spirits of ammonia, if diluted, applied with a sponge to faded or discolored spots in a carpet will often restore the color.

If ink is splattered on woodwork it may be taken out by scouring with sand and water and a little ammonia; then rinse with soda water.

Popcorn Candy.

Boil one cupful of sugar with a tablespoonful of butter and half a cup of water until it will harden; stir in two quarts of popped corn, mix well, take off the fire, let cool slightly, make it in balls and set aside over night.

To Clean Saucepans.

To clean enamelled saucepans wash outside and inside with hot water and soda and scour with a mixture of salt and finesand, two parts sand to one of salt. Rinse with hot water and dry.

WAKEMAN'S WANDERINGS.

LONDON, Feb. 13, 1893.—One of the most delightful experiences of my wanderings in Italy was a night passed with the charcoal-burners in the mountains to the north of Florence. At the village of Tosi I looked up the mountain of Pratomagno and saw lines of blue smoke in feathery pencilings against the dark green of the massed mountain firs.

"Those are the carbonari. They never leave the mountain, save on feast-days," said a kindly carrettajo. "When they come to Tosi for wine and oil, they are so black and dreadful our children run and hide. But they do no harm." So with a vagarous impulse of adventure, I turned aside from the paved mountain way, and with the cartmans son for a guide skirted the mountain, coming in a two hours tramp through dense forests of beech, chestnut and pine, with here and there a blackened, opening where the trees have already been burned, or sunny space, where sportsmen and shepherds snare the mountain birds, I came to the charcoal-burner's scamp, and was hospitably received for the night.

These carbonari form a distinct class in the mountains of Italy. They generally live in the villages, the wife and daughters engaging in the vineyards, gathering olives or chestnuts, and often as shepherdesses with small flocks. The father and sons go from one forest to another, as the owners desire charcoal made. The landlord secures the felling and cutting of the trees, and the carbonaro simply attends to building the pyres and watching day and night their smouldering progress. In this labor the sons share, and regular watches are taken. The logs are stood on end in round piles of perhaps eighteen feet in