

parel, that one must select material suitable to conditions under which it will be worn as well as to the limit of one's purse, and that the adoption of mode should be in accordance with one's individual style. There never was a time when such diverse styles were equally popular. The quaint, graceful "Empire," the severe "Princess," the "tailor made," cloth, the ruffled silk gown with waist and sleeve after the cape, and sloping shoulder fashion of our grandmothers, are all equally approved of fashion. Women has the opportunity to make of herself an individual picture of grace and beauty, deferring to no rule in dress that through unfitness would be tyrannical. Study that which is just adapted to your figure, get the shade that best brings out the tone of color in your complexion, and you will be an artist in dress. A great number of dresses in one season is a mistake, and you are burdened with the obligation to make over. A pretty house gown, a street dress complete with hat and gloves perfectly matched, and one best dress are all that is necessary for ordinary life, and then wear the clothes while they are new and suitable. It is becoming more and more the habit of sensible women to economize in quantity and invest in the quality of their garments.

Miscellaneous.

If you want to improve a bad complexion let your face alone, keep out of the drug store and don't doctor. Drink a glass of hot water an hour before dinner. If you are not hungry work up an appetite. By work is meant work, not make believe. Sweet milk is excellent. Lime-water may be added to make it more digestible. Sour milk is good. Everybody can drink lemonade; when tart it is prime. Eat fruit after every meal. Bananas are poison in this section of the globe. Strawberries are excellent for the complexion; eat them by the quart, with or without sugar. Put cream on them or cake over them and you ruin everything. Water at meals is very, very bad. In Paris, the cradle of good living, water is never sent to the table excepting in finger-bowls. Cold water chills the stomach. Digestion requires heat. Good soup is one of the best complexion foods, but a soup with noodles, dumplings and similar pasty things is not good. Oyster soup is good provided the oysters are saved for the ash-cart. Candy is a hard thing to resist, but like spices, sauces and ices, it is a foe to beauty. A succulent diet will cure pimples and eruptions. On the list are salad, greens, beets, sprouts, tomatoes, onions, asparagus and, as the rhyming doctors sang of old:

With spinach and leek,
Lily cheeks in a week.

Ugly hands need kindness as well as care. It is madness to wash them any more than is necessary. Lazy, easy-loving men, as a class, have beautiful hands, and bank clerks are famous for what their rivals call "fine paws." The secret is, not skin-bleachers or cold cream, but care. These men are too busy to wash their hands and they don't wash them. Fat people have nice hands because the skin is well fed—that is, naturally. Thin hands are apt to be rough, cold and hard. It is generally useless to dose them with grease, as

the lubrication, to be sufficient, must come from the inside. The hard-handed woman can mend matters by keeping her hands out of mischief. One dose of soap and water a day ought to keep them clean.

Noisy shoes are not pleasant. They murder the grace of the wearer and unstring the nerves of the sensitive public. It is a very easy matter to remedy the creaking. Pour an ounce or so of linseed oil or melted lard in a shallow dish; place the shoe in it and allow the sole to become saturated. This absorption will not only render the shoe noiseless, but waterproof.

This is the season for green-sickness—a general disorder of the health marked by a lettuce and mayonaise complexion, languor, debility, bad temper and a deranged stomach. It is a disease of the blood and is caused by imperfect nutrition. Among the symptoms are peevishness, melancholy, aversion to exercise, extreme fatigue, pale lips and gums, heavy eyes, perverted appetite, indigestion, restlessness, frequent headache, dry skin, coated tongue and a most unlovely green and yellow complexion. The individual feels used up and looks it. Begin by getting rested. Lower the window one inch and raise it three; go to bed right after dinner and try the effect of ten consecutive hours of sleep. Have a dip or sponge bath, friction enough with a soft flesh brush to make yourself look like a Indian girl, and dress in fresh-laundered or well-aired clothing. Get different foods and cook them properly. Instead of white bread fry rye, graham or corn bread. If you have had biscuits all winter substitute crusty rolls or dry toast. Quit eating meat; fish, roe and eggs are better for spring. Eggs can be served in the shell, on toast, with baked potatoes, or in omelette with parsley, jelly, tomatoes or egg-plant. Now that vegetables are getting plentiful, there is no reason why green things should not be served for breakfast. Stewed dried apples, peaches and prunes, sweet oranges and grape fruit and green apples pie plant are wholesome and seasonable breakfast relishes. Lunches are mischievous. Cold dishes may suit the convenience of Mary Ann, but they are not economical, considering the clean bill of health desired. Two distinct elements are needed in the diet for green-sickness—variety and digestibility. Fruits and vegetables are the aperients and tonics provided by nature, and they are better than the chemist's. It will profit the victim of green sickness to become a vegetarian and subsist on nuts, fruits, greens, eggs and milk for a term of six or eight weeks. Fresh air, sunlight, moderate exercise, occupation and cheerful company will have a wholesome influence on the languid girl.

Every day garments, particularly those that are not laundered, should be disinfected. Brushing is not sufficient, as it does not remove the unpleasant odors that come from long usage. Some women sprinkle their waists and dresses with scent and use sachet powders to perfume their bonnets and wraps. All this would be admirable were it availing. Scent needs to be over powering to conceal the unfragrant emanations from an old garment. Then the bouquet is fulsome and vulgar. Better than scent-bags or potpourri is a clothes pole and an open window. Turn the garments wrong side out and let the air and sunshine disinfect and deodorize them.

Cloth garments can be sponged and pressed clean; a pint of benzine costs five cents and will clean anything in the way of kid, silk, lace or worsted. Camphor is another common disinfectant and not half appreciated. If, after brushing the only coat or gown, it is sprinkled with spirits of camphor and aired a few hours, it will be tidy and grateful. Garments are belongings that smelling of nothing are the cleanest and most agreeable. There is always a suspicion of bad health, bad sanitation or bad habits where there is much perfuming.

THE WORLD'S BIGGEST VINEYARD.

VINA, Cal., May 25, 1893.—I write this letter on Senator Stanford's famous North California ranch. I have visited Palo Alto and the horse farm near San Francisco, but they are nothing as compared with this great estate. The Vina ranch lies in the heart of the Sacramento valley. It is about two hundred miles north of San Francisco and it comprises miles of the finest soil in California. It contains more than 59,000 acres and it has upon it the biggest vineyard of the world. Its wine and brandy production is so great that Uncle Sam has had to put up a bonded warehouse upon it to collect his taxes, and this warehouse covers more than two acres of space. In it today there is stored more than a million dollars' worth of brandy, and before this can be sold the United States government must receive from it the enormous sum of \$600,000 in revenue taxes. The winery of this vast estate is more like a great factory than a collection of farm buildings. Its brick structures cover acres, and from where I write the great vines cover the earth almost as far as I can see. You can ride for days over this ranch and not see the half of its wonders. On one part of it thirty thousand sheep are nibbling at the sweet grass and the lambs among these which were born this spring number more than seven thousand. In another place there is a herd of nearly two thousand hogs, and it has dairies which are supplied by the finest of Holstein registered cattle and the horse department contains hundreds of valuable horses, some of which are worth fortunes. In riding this morning with Captain McIntyre, the manager of the ranch, I happened to say something about fruit trees, and he told me that there were thirty miles of such trees along the irrigating ditch and he said: "we have just put out a little patch of six thousand trees this spring."

"Six thousand trees?" said I. "Do you call that a little patch? Most men would consider it an immense orchard."

"Oh," said he, "we have just planted seven thousand more in the other end of the ranch and our fruit crop is a very profitable one. We had last year over 11,000 tons of grapes, and it takes an army to pick the fruit. There are in round numbers about three million grape vines on the estate, and when they are in full bearing we ought to have a product of about 40,000,000 pounds per year."

IT BELONGS TO THE UNIVERSITY.

This estate is a part of the property which Senator Stanford has presented to the Leland Stanford, Jr., University. It is worth millions and he is spending a