Fireless Cooking.

In fireless cooking there are certain things to be remembered by the inexperienced cook. Oen is that if a dish is left indefinitely in the cooker it will sour. Soups, stews, vegetables and such things must be removed after twenty-four hours, and less in hot weather. Another thing is that some foods require a longer time on the fire before being put in the cooker than others do. According to Harper's Bazaar, cereals may take only ten minutes, and tough meat half an hour; it is best to find out something about the length of time the different things require before beginning to use the cook-

Generally speaking, all indigestible things take longer than the rest; oatmeal, beef stew, corned beef and beans need more time than steamed puddings, rice and chicken. A third thing to remember is this: Everything that takes a very long time to cook is improved and the process hastened if, when the time is half up and the food cooled, the pail is removed and reheated without opening it, and put back again.

In all cooking also you must be careful not to uncover the pail with the food in it before putting it in the box. It must be kept tightly covered from the time it is put on the fire or the steam will escape and the meat or soup cool so that it cannot cook. Put everything in as quickly as possible, and cover at once,

Heal, h and Beauty Hints. Clam broth is good for a weak stom-

Cranberry poultice is recommended for erysipelas.

Daily exercise with light dumb bells eventually cures round shoulders.

catsup if you want to make it pala-Mustard plasters made with the

Try taking cod liver oil in tomato

white of an egg do not blister the skin.

common earth with water and apply at once.

piece of absorbent cotton with coal oil and bind on. Nothing takes the oil from the skin

more quickly than a soap that does not agree with it. If you wish to scent the false pompadour, lay it on the rose jar or on

top of it and cover for several hours. A sure relief from thirst when water is not to be obtained is derived from holding a dry pebble or a button in

the mouth.

Buttermilk is excellent for the complexion and may be used daily, washng with it, letting it dry on, and then insing in warm but not bot water.



The lov's suit made after this model Is certain to win his own approval. It is masculine in effect, it allows him to run and to race to his heart's content and is enite easy to put on and to take off. At the same time that it 1 seesees all these educatages, it is becoming and attractive to the looker on, and it can be made from a great many different materials.

Snorze and Sigh.

A spreze is exactly like a cough, gave that the obstruction occurs in the nostrils, owing to the deposit of some irritant or foreign matter, and that the blast of air is thrown out through the nose instead of through the throat and mouth. Why do we sigh? When grieved or depressed the tendency is to hold the breath. This means that the body suffers for oxygen; and the long, deep breath which we call a sigh obtains for itself the necessary amount of oxygen.-Popular Science Siftings.

Packing Hats.

In packing your hat for the summer vacation see that the crown is well stuffed, so it will not become crushed. It is not necessary to use tissue paper for this. Stockings, handkerchiefs and other soft articles of ciothing will answer the purpose quite as well. If the hat boasts of ribbon loops see that these, too, are kept in shape with crushed tissue paper. Pin the carefully into the trunk, so it will not slip around in transit.

Convalencence.

It is a common error to suppose that health and strength depend on taking plenty of strong meat and drink, living in warm rooms, clothing woman reporter on a country paper, snugly and avoiding cold air, and es- | who was sent out to interview leading

NEW FALL HATS.



VELVET AND LACE, VELVET AND STRAW AND VELVET ALONE.

To cure a sting of bee or wasp, mix in a healthful fashion, the better will want to know what party he belongs the possibilities be for his recovery to," pleaded the girl. The woman When a cut will not heat, saturate a and happiness are: A moderate diet a good look at me," she said. "I'm ularity, and above all, healthful exer- Leader. clase in the open air. A patient may be very weak and even confined to bed, but so long as there is no fever or existing inflammatory conditions that might be aggravated by activity, nothing need hinder him from making a start in physical culture.

> Fretting Injures the Stomach. "Do you know that your stomach slumps-actually slumps from two to four inches in your body if you make a practice of worrying and fretting?" said a woman lecturer. "First your mouth droops till you can't lift the corners of it. Your chin gets bigpicture then! But worse comes. Your \$3,100,000. stomach slumps and colls up on itself, and your diaphragm sort of falls on your stomach and your stomach gets irritated and creates poisonous gases.

'Then your heart feels as if it were giving out, and you say: 'Oh, I don't know what's the matter; I can't climb these stairs-I must have heart disease. Heart! Legs are to climb stairs with, and poor misguided women think they've got to pull themselves up with their hearts.

the right places; don't worry and Woman's College, Baltimore, ou'll be all right."

Say Something Good.

Pick mit the folks you like the least. They never waste a kindly word, they never waste a smile,

They criticise their fellowmen at every chance they get They never found a human just to suit

their fancy yet. From them I guess you'd learn some

out-Some things that every one of

When someone "knocks" a brother pass around the loving cup-Say something good about him, if you have to make it up.

 H. Fontaine Little. To Make Curtains Hang Straight. Curtains, especially those reaching the sill only, are often difficult to make fall into graceful folds. There is often too much fullness in one place and too little in another, despite the

many efforts to improve their condi-

This can be remedied by laying the curtain, when ready to be hung, along the ironing board evenly. It should then be doubled and very lightly aressed with a cool iron. Fold again and press and continue folding until measures only about four inches. Place on the rod, and the curtain will hang gracefully. The iron should not be so hot as to form deep creases.

For the Business Girl. A clean blotter on the desk.

A fresh ribbon on the machine. Well kept finger nails. A note book to jot down important

memoranda, Silence when you feel like tattling. Loyalty to your firm.

A cheery "Good morning." A little consideration for the feel ings of others.

Promaine Polsoning. the bowels and drink freely of olive | meshes of the net. oil. If there is pain in the abdomen or bowels, apply hot cloths, frequently changed.

She Was the Party. A matron of the most determined character was encountered by a young

The sooner the invalid gets his mind | see Mr. --- " she asked of a sternfree from this and makes a start to- looking woman who opened the door ward hardening his body and accus at one house. "No, you can't," an toming himself to exercise the muscles | swered the matron, decisively. "But I The conditions which make for health | drew up her tall figure. "Well, take of plain, wholesome food, a life of reg- the party he belongs to."---Universalist



The Brooklyn Suffrage Association recently celebrated its fortieth anni

Italy gives dowrles to poor girls. In Sicily alone there are 634 societies for oh, you're anything but an impressive this purpose, with an endowment of

If Japanese parents do not find matrimonial companinos for their sons and daughters, both parents and children are looked upon as disgraced. The Rev. Dr. Anna Shaw declares

that this year's congress of internaional Woman's Suffrage Alliance has accomplished more than The Hague

Mrs. Helen Woods Miller left \$20,000 to Brown University to be used in its Stop playing dirges inside your department of comparative anatomy. solves. Tuck your abdomens back into The rest of her estate is to go to the

Mary Chilton was not the first person to land from the Mayflower at that there are some serious eases Flymouth, according to investigations by Samuel Arthur Dent, which have been recorded in the proceedings of the Bostonian Society.

Mrs. Susan Frances Hemenway, who was one of the chief heirs of Mr. Rose, who founded the Rose Polytechnic at Terre Haute, in her turn left about \$500,000 to the institution and an entire block in the heart of the city for the use of the school.

fause of frowded Teeth. When a man had more teeth than his jaw could conveniently hold. used to be the theory of dentists to explain that he had inherited the large teeth of one parent and the small jaw of the other. some good observers, notably Dr. Sim Wallace and Dr. Harry Campbell of England, stated that the trouble is not hereditary; that it had its beginning in each person's babyhood, and that our teeth are poor and irregular and port of this statement, they point out overlaps and is very seldom defec-

A Drying Hint.

Every washwonnin knows the nuis thee of hanging out a large family's handkerchiefs, collars, finger bowl doll les and other small articles. To pin them to the line takes time and patience. One old colored woman has hit on a plan of drying that saves her many minutes. She had her mistress make her a long shallow bag of strong white mosquito netting, with a draw string at the top and tapes sewed at the corners and at intervals of 3 or inches between. When the small articles were ready for hanging on the line they were laid carefully in the bag, the string drawn up so they would not blow out and the bag pinned to the line by the tapes, for the sun and air to filter through the open

To Mr. Man.

Always ask the advice of the woman who loves you most before taking an important step and then-do as you think best.

In the Hant Class. The woman with a hunted fook is pecially cold winds, says Good Health. citizens as to their politics. "May I usually hunting a mirror.

SOMETHING FOR EVERYBODY

Reading aloud is one of the mo wholesome exercises.

The house fly becomes full grown in about four weeks. The railroads of the world are val-

ued at \$27,775,000,000. Muscles to the number of 4.061 have Spiral wire hoops now take the place

been counted in the body of a moth. of wooden hoops on barrels and kegs. Whooping cough kills more children under 5 years of age than scarlet

There is now an international standard unit of candle power, which will be soon in use in every country except Germany.

Of the 4,000,000,000 gallons of wine manufactured in the civilized world every year about 40,000,000 are made [ in the United States.

Waterways in Alaska navigable by

steamers approximate 4,000 miles, of

which nearly 2,700 are in the watershed of the Yukon river. The deadly gauge of Nero's drunken ness was a finely wrought intaglio ring. When he could not see the fig-

ures on it he knew he was drunk. At the present rate of increase in travel it is estimated that the railways of Manhattan and the Bronx will carry 1,700,000,000 passengers in 1920. According to a statement by the German colonial secretary, the value of the diamondifercus deposits in German Southwest Africa amounts to of how their father, Olav Nassjo, a big. \$259,000,000.

Ancient Egyptians to save their eyes decorated their eyelids with beautiful black velvety antimony paint, which protected from glare and Egyptian transport Logan cast her lines from resolution which he did not communi- ments lined up while the bands of sore eyes. The paint went back near the ear to end in a symbol.

"The way in which some tailors give credit," said Judge Rentoul, at the city of London court, "Is awful. The Idea of giving a man credit for \$190 worth of clothes. Firms who give such credit must charge enormous prices."

For many years the observatory of the vatican has been divided, a portion being on the vatican hill, some little distance from the square of St. Peter's, but by a recent rearrangement the entire establishment will be moved to the top of the hill.

neers, are rapidly dwindling. There from one point to another, at one time are now only seven members of the serving with his regiment in the is-Sacramento Society of California Pio- land of Negros, fifty miles farther neers. The eighth member recently south; transferred from one regiment died, and the survivors acted as pall- to another, and from infanty to cavbearers and mourners.

The researches of Professor Flinders Petrie at Memphis have resulted in the unearthing of the palace of King Apries, the Pharaoh Hophra of the Scriptures and a contemporary of Jeremiah. Armor and bronze figures of gods were found in the ruins. The Austrian Alpine Club has recent

ly come into possession of a fine building, the gift of the city of Munich The new building is excellently situated on the banks of the river Isar The club has a great quantity of interesting material pertaining to the Alpine district and it is proposed to start an Alpine museum in its new

A new use for convicts has been found in Missouri, where a number were taken out of the penitentlary at Jefferson City and put to work on the Calloway bottoms helping the farmera save their wheat from the advancing waters of the Missouri river. The prisoners worked well, enjoyed their outing and would welcome another chance to get outside the walls.

And now the southern corn "pone" and "Johnny cake" are in danger. story comes up from Durham, N. C. pellagra under treatment in that ditrict. Pellagra is a disease of the skin somewhat resem'ling leprosy. Its appearance has caused many families to give up the use of cornmeal as food. It being held that the disease finds its

The sign of the times is that homicide is going to also short and stay stopped here better than in any place the world has ever known, the Golden Age of Imperial Rome and England not excented. Time may yet come when a child at midnight with a bundle of long green may go through New York's streets and no thief dare molest. There are places in the United States where even stealing a chicken is unknown, and no door needs look or bar. New York Press.

Gaston Bonnier affirms that the abil-Ity of been to fy straight to their hives sonse of direction passessed by bees. Monsteur Bonnier hases his relief in In what organ the sense is seated, but he says that, at any rate, it is not in the antennæ.

The asteroid Eros, which is celebrated for the eccentricity of its orbit. and its occasional near approaches the earth, is again attracting the attention of astronomers, but this time a long while in advance of the performance that is expected of it. 1900 Eros came within about 31,000. 000 miles of the earth, but in 1931 it will approach us within about 15,500. 000 miles. This will afford a unique opportunity to determine with greater exactness the solar parallax, the mass of the moon and the mass of the earth.

Dr. Osler has stated that the question of preserving the teeth is more important than the liquor question. | Sergt. Dempsey was kept to his berth No doubt much dyspepsia is due to below. Illness followed his being decayed and defective teeth, which preclude complete mastication of the food leven if anybody in America had the doctors, are now beginning to realize dered that Dempsey be sent to the that their true mission is not "a gen- Japanese general hospital at Nagasaki. eral rebuilding system," but a systematic and well considered effort to pre- on his back on the hospital cot were vent and overcome the decay and loos spent in moody reflection, but before ening of human teeth .- Philadelphia he again started for the front, sound

Record.

And like a queen's her golden head!

We wandered where the river gleamed, 'Neath oaks that mused and pines that dreamed. A wild thing of the woods she seemed. So proud and pure and free!

But oh! at last, when all is said,

Her woman's heart for me!

All heaven grew nigh to hear her sing. When from her lips her soul took

The oaks forgot their pondering, The pines their reverie.

And oh! her happy queenly tread! And oh! her queenly golden head! But oh! her heart, when all is said-Her woman's heart for me! -William Watson.

Gratidude and Love §

Production of the Production o

When the big White Star liner Baltic, from Liverpool, reached her pier recently an attractive Norwegian wornan and her two little daughters stepped from the gangplank into the arms of former Sergt, Jack Dempsey of Co. H. Fourteenth United States cavalry, and thereby hangs a tale of tragedy and romance that began on the Pacific Ocean and only culminates to-day.

In their little Norwegian home the two children nestled on their mother's lap and listened to a mournful recital bronzed Norseman, gave his life for that of the man whom henceforth they will call father.

On May 20, 1899, the United States the transport dock in San Francisco cate to even his most intimate com- their regiments played the wedding and steamed out through the Golden Gate, headed for the Philippines, with the soldiers and officers of the Sixth They were bound on a mission which was certain to mean that many would never live to see home again.

Happy and most care-free of all was tall, handsome Sergt. Jack Dempsey. Always ready with story or song, but never lacking in soldierly obedience, Sergt. Jack was loved by his comrades and respected by his superiors.

After the uneventful twenty-six-day run to Manila, the strenuous days of The men of '49, the California pto | regular army life begun. Marched alry, Dempsey eventually found himself back in Manila about the time that the news of the Boxer outbreak reached there. Mantla being the nearest available point, instructions soon came from Washington to rush troops ance. It was then that Sergt. Jack Dempsey found his lot cast on the United States transport Seward, bound for the China coast.

It was when the transport was three days out that a flerce storm was en countered, which had all the attributes of one of the dreaded typhoons of that uncertain locality. Sergt. Dempsey had been chatting below with some of his comrades, and when he reache. ... deck was careless of the pitching and rolling of the transport in the seething water which surrounded her. Scurrying across the slanting deck in an effort to avoid a torrent of foaming water from a wave which broke over the vessel's bow. Dempsey was dashed to the lee rall. Fortunately the Seward was almost hove to, having on only sufficient headway to keep her head on to the battering seas. It was a sea in which the lowering of a small boat would have been most has ardous, but even before there was time to give such an order after the ery. 'Man overboard!" had rang through the ship, a rigid form, clad in blue, shot from the bridge and parted the waters within a few strokes of the

struggling sergeant. Wheel Quartermaster Olav Nassje stationed on the bridge, had Dempsey swept from the deck. He stopped not an instant, but hurled himself to the rescue. It was the act of a hero, but Nassio pever survived to receive the idolatry of his ship mates. He accomplished the work of rescue but sacrificed his own life in the performance of the task.

As the young sailor's powerful arms cleft the water during a moment's calm in the lee of the ship, and his hands clutched the clothing of the gorgling, exhausted man, a line shot from the ship's rall and was quickly passed around the body of the half drowned soldler by Nassjo, who, still carcless of his own safety, shouted to those on deck to "baul away." While the inanimate form of Demp-

sey was being dragged up the side of the ship, Nassjo struck out in his wake. He was almost within reaching distance of another line which was already dangling over the side, when a rolling sea broke over him and dashed him with terrific force against the steel hull of the transport. His awe struck mates gathered at the rail could hear the sickening crash as the poor fellow's skull struck the metal, and watched with horror the deep red coloring of the surface as the gallant hero sank. Following the inviolable rule of the sea, the transport was hove to the locality, but the watch kept at the rail by the entire ship's company was of no avail -the cradling waves had claimed their shipmate for his last, long sleep. After the end of the dreary watch, during which Sergi. Dempsey had been resuscitated, it was apparent to all that a life had been given for a life, and the ship headed again in the direction of Tientsin.

During the remainder of the passage snatched from a watery grave and this was accentuated by grief over the catastrophe, so that when the coast was time to eat properly). Dentists, like reached the regimental surgeon or-

enough physically, he had formed a eral order was issued and three rest. Puck

N rebelling against the war which Spain has undertaken of the Riff coast of Morocco, some of the Spanish people have perhaps in mind the fact that little national glory or territorial expansion is likely to be obtained through a long and bloody campaign against the wild tribesmen of that region. For the integrity of Morocco is guaranteed by the powers of Europe, the Sultan of that picturesque and unprogressive country in

taking no part in the proceedings, and the government of Spain has announced that the purpose of the war is limited to the protection of Spanish possessions and frontiers covered by the treaty of Tetuan, being in no sense directed against Morocco as a state. Few Spaniards, however, are given to reading or thinking abstractly about questions of government or foreign policy. Eighty per cent of them are unable to read or write. The antagonism of the people to the Moroccan war probably springs almost wholly from their knowledge of what the wars of the past have cost them individually. Spain's possessions in Morocco are small-a few towns along the coast used as convict stations—and their greatest value seems to be to a few mine owners who have been and are being protected by the Spanish government at a high cost to the nation.

One of the most picturesque chapters of European history is the story of the invasion of Spain by the Moors, which left permanent monuments of the greatness of the invaders in the Alhambra and other famous structures. Before the invention of gunpowder the Moors were a formidable enemy in the field. They are credited, indeed, with having used gunpowder for the first time in European warfare, at the siege of Algeciras, in 1342, and with having long been familiar with its use before other nations put it to practical purposes. Morocco received the expelled Moors when those of them that refused to accept Christianity were driven from Spain by the power of Isabella of Castile and Ferdinand of Aragon in the fifteenth century. Their settlement on the African coast gave them the opportunity of becoming pirates for many centuries. Fundamentally opposed to each other as Christians and Mohammedans, the Spaniards and Moroccoans have an enduring antagonism to each other, whether having specific causes for war

Sergt. Dempsey followed his regiinfantry, regular army, on board. but found that it had gone to the front | while he was serving as Gen. Grant's already, so he fell in with the famous orderly at Governor's Island that he Rellly's battery, and made the march | received, on May 13, 1908, his honorwounded in the first skirmish, Sergt. army, in which he had served so faith-Dempsey subsequently rejoined his fully and well. own regiment, but his comrades soon found that the relicking sergeant of former days had been transformed to a and is now superintendent of the buildsober, serious, the ightful soldier. The canteen was forsaken and it was not ris has recently moved his offices. long before the men learned that the spendthrift of earlier days had become a man scrupulously careful of his earnings, and every dollar went down to two daughters, who had been left in the credit of the paymaster.

At the close of the disturbance his | -New York Herald. regiment was again ordered to Manila, and as soon as the troops were landed Sergt, Dempsey walked up the Escolta to the shipping commissioner's office and wired the Norwegian consul. The superintendent of army !rasport wrote Jack a letter giving him the home adter, Olav Nassjo. Afterward a letter from Norway arrived informing him that his savior had left a widow and



THE CORRESPONDENCE CONTINUES.

two babies, who were without means of support.

letter which read

When the next pay day arrived Sergt. Dempsey had a short confidential talk with Maj. Kilbourne. The next mail out of Manila carried an envelops addressed to the widow Quartermaster Nassjo. In it was a

Dear Madam -- While bound for China

brave Norsemen-leaped from

bridge in an effort to save me from drowning after I had fallen overboard | this invention is unique in simplicity during a storm. I was saved, but in the gallant act he lost his own life. I learned through the Norwegian consul that he had yourself and two little bables dependent upon him. I can now only offer you my sympathy and life, and both are freely and fully given. Inclosed please find \$200, which is all I have earned since the accident. Each mouth you will receive all my pay except a trifle for necessities. This, should you live, you shall have so long as I am able to earn it. Your husband did not hesitate that eventful day as he stood on the bridge of the transport, and I, as a United States soldier, will not hesitate to make any restitution in my power. My prayers shall always be for you and the children. Your husband died a man to be admired by all humanity, and God will watch over and take care of you. With all my heart's sincerest sorrow, believe me, your friend,

JACK DEMPSEY. Co. H. Fourteenth U. S. Cavalry, Ma-

nila, P. I. Letters of thanks followed, and the correspondence continued through the years that Sergt. Dempsey remained in Manila fulfilling his promise to the Norwegian widow and her little ones. Five years after the Mayday salling the same transport—the Logan—which had carried Sergt. Dempsey away from San Francisco steamed back through the Golden Gate with Sergt. Dempsey on board. Letters of such a character had been exchanged meanwhile that Jack was not surprised to be approached on the pier by a little Norwegian woman, who gazed first at a photograph which she held in her hand and then at the face of the stalwart soldier, while the tears streamed down The days that Sergt, Jack was lying her cheeks. The tall, handsome sergeant took her in his arms, but did not speak for awhile. Then they sir? walked away together. Later a gen-

march.

Finally Sergt. Dempsey's regiment ment to China in another transport, was ordered to New York, and it was with them to Peking. Although able discharge from the United States

Mr. Dempsey returned to civil life as an employe of William Morris, inc., ing in 42d street into which Mr. Mor-

Having created a comfortable home in New York, Mrs. Dempsey returned to Norway two months ago to get her the care of their late father's parents.

> A THE RESIDENCE TO A STREET OF THE PARTY OF NEW BURGLAR ALARM.

German Invention Utilines Window

and Doorway Curtains. Deputy Consul General Ulysses J. Bywater reports, according to Daily from there to the scene of the disturb. dress of the unfortunate quartermas. Consular Reports, on a simple appliance for giving warning of attempted burgiary or forcible entry into premises, which is thus described by

> the consular officer: This appliance has been thoroughly tested by the police authorities of Dreeden and Berlin, and the most experienced experts were unable to find flaws in the apparatus, or to enter into the protected premises without starting the alarm. The appliance itself is very simple, consisting of a curtain or portiers, wired with fine conductors. At certain places on the curtain are affixed small metal knobs, which are connected with the wire conductors. The curtain is then drawn across the window or door, or around the safe, and the slightest disturbance of this position breaks the circuit, as the metal knobs are thrown out of contact

with each other. Should the burglar notice the wires and cut one or several thereof the breaking of the circuit would also start the alarm. Any other attempt to destroy the protecting curtain would also be noticed. Any curtain, unless made of fireproof material, would also act as a fire alarm. The alarm itself may consist of a series of bells, lights or other electrical appliances. This isvention can be used to protect doors, windows, safes, etc., and naturally the curtains, forming the most conspicuous part of the device, can be designed and arranged to suit individual tasts. on a transport your husband-like all | The inventor recently gave the writer an exhibition of the working of the apparatus, and the impression was that

Philadelphia's Boast. Chicago and New York doubtless have their uses. We must have pork and beef, and we must have a commercial metropolis, but it is hard to believe that any one would willingly live in New York unless possessed of an income of a million or so a year.

in this city we live with comfort and a due sense of proportion. There are a few flats in the city, and there are enough people who don't need homes to fill them, but the average Philadelphian is wedded to his hearthstone. He owns his house and lives in it with pride and comfort, without

Ouradvice to people in Chicago and New York is to come to Philadelphia to live, where babies may be born without the fear of the landlord, and where they may be nurtured in comfortable homes and brought up to be respected citizens. - Philadelphia in-

No Rest There. Uncle Eben-If ye ever visit New York and git tired walkin' around the city, don't ye go into th' stock on-

change to rest!" Aunt Martha-Why not? Uncle Eben-Gracious sakes! There

they charge \$40,000 for a seat! - Judga Melt in a saucepan a large table pconful of butter and half a glass of cold ham. Let it boll up