

THE ROVER
By Byron Williams.



A field of clover,
Red blooms all over—
I know that scent!
The bee, the rover,
He loves this clover,
And is content!

I love the clover,
With blooms all over,
As does the bee,
But I, a rover
Am far from clover,
Upon the sea!

Ah, bee! In clover,
You're ten times over
More wise than I!

You sing in clover—
I fret, a rover,
And yearn and sigh!

Oh, field of clover,
With blooms all over,
I swear—at sea—
When I, the rover,
Have been all over,
I'll come to thee!

Ah, field of clover,
I'll roll all over,
Amid thy bloom!
No more a rover,
I'll live in clover
And sweet perfume!

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The KITCHEN GABINET



I KNOW a place where the sun is like gold,
And the cherry blooms burst like snow,
And down underneath is the loveliest nook
Where the four-leaf clovers grow.
—Ella Higginson.

SUMMER VEGETABLES.

The summer squash is one of the strictly summer vegetables and is most tasty if well seasoned. Perhaps the seasoning is the important feature for a more flat, insipid vegetable is hard to find. A gentleman visiting in a small place where summer squash was abundant, expressed his liking for that vegetable; he was so fond of it he remarked that he could never get enough. The lady with whom he was boarding said he should be fully satisfied, as they had an abundance of the squashes. The first meal when they were simply boiled, drained and salted and served with no other seasonings convinced him that for once he had had enough. He decided it was the seasonings he liked instead of the squash.

One must be lavish with butter in seasoning this dish or it will be unpalatable.

Wash and cut in quarters and cook in boiling salted water until tender. Too long cooking spoils the flavor also. Then drain carefully and chop seasoning with salt, pepper and plenty of butter. Reheat and serve.

A pretty way to serve radishes, though not new, is to cut them to imitate tulips. Begin at the root end and make six incisions through the skin, running up three-fourths of the length of the radish. Pass a knife under the sections of skin and cut down as far as the incisions extend. Place in cold water and the skin will fold back, giving the radish the flowerlike appearance.

Swiss Chard.—This is a vegetable not half well enough known. It is easy to prepare, quick to grow and is most tasty, cooked and served as one does beet greens.

Cucumbers are another popular summer vegetable, for the hothouse variety is too scarce and expensive to tempt the average thrifty housewife. During the summer a small plot of ground will grow plenty for an ordinary family.

Sliced with fresh young onions and served with French dressing is one of the most popular ways of serving them. Mixed with celery, onion and parsley and stuffing a pretty ripe tomato is another well liked combination.

Nellie Maxwell.

The KITCHEN GABINET



NOTHING is easier than fault-finding; no talent, no self-denial, no brains, no character are required to set up in the grumbling business.

"This world that we're livin' in is mighty hard to beat. There is a thorn with every rose; but ain't the roses sweet."

DID YOU EVER TRY THESE?

A Banana Caramel Custard.—Scald two cupfuls of milk, pour over three eggs beaten light with a quarter of a cup of sugar. Add one-half teaspoonful of butter and beat thoroughly in a double boiler; add two thinly sliced bananas and heat until the mixture is smooth. Line a basin with caramel by melting a few tablespoonfuls of sugar in the basin and coating the sides well with it after it is a rich brown. Pour in the custard and bake in a pan of hot water until firm. Turn out of the pan when baked, and the caramel will form a sauce over the mold of custard.

Dainty Fruit Cups.—Take the whites of four eggs after chilling until icy cold, beat until stiff, add a cup and a quarter of powdered sugar, a pinch of salt and a half teaspoonful of vanilla. The sugar should be added gradually, folded in carefully and the flavoring added toward the last. Wet a board, cover with writing paper and drop good sized tablespoonfuls of the meringue on the paper. Bake in a slow oven until a golden brown. They should be made in pairs to fit together again after being filled with berries or ice cream.

Home-Made Marshmallows.—Dissolve a package of gelatin in fourteen tablespoonfuls of water. Add four cups of sugar and fourteen tablespoonfuls of boiling water. Boil until the sirup forms a thread, then pour over the gelatin and beat until thick. Flavor with vanilla. Pour into a pan and cut in squares, roll in powdered sugar.

Nut Muffins.—Mix one and a half cupfuls of flour with a tablespoonful of sugar, three teaspoonfuls of baking powder and three-fourths of a teaspoonful of salt. Cut in three tablespoonfuls of shortening, add three-fourths of a cup of milk and a fourth of a cup of nut meats. Bake in gem pans and serve with orange marmalade. More sugar, a quarter of a cup, is liked by many instead of the tablespoonful.

Nellie Maxwell.

Health & Beauty Hints
By Katherine Morton

All outdoor exercises improve the complexion through strengthening the heart and deepening the breathing. Playing tennis, golf, rowing, and even skipping and running are good for the girl who has an inactive skin.

Going up and down stairs is a good exercise for indoor and so is walking about the room on tiptoes, morning and night, while dressing. Some exercises especially develop the legs and at the same time reduce the size of the hips.

The rheumatic pains girls who grow fast often feel are sometimes due to an over-abundance of lactic acid in the blood. Plain food, exercise and tepid bathing is the necessary regimen for the cure.

Exercise carried to excess—until one feels at times absolutely idiotic from fatigue—is as bad as none at all. Perhaps it is worse so far as active results are concerned, for excessive use of muscles weakens the brain. At the same time too much use of the mind wastes the muscular economy of the body. So the girl who wants to be well and fair to look upon must neither play nor work too long. She must divide her time between the two, and judge for herself whether her health is being benefited or injured.

The girl who is looking for a bright, wholesome skin, clear eyes, a slim, pretty figure, a merry heart and the ambition to "do things" must never neglect the functions of nature. Sluggish bowels are responsible for a border of complexion defects and mental misery, while an insufficient quantity of pure drinking water will harm the kidneys. Castor oil is a marvelous improver of the complexion, and for ordinary use a mixture of figs and senna is excellent. Get five cents' worth of the senna and a pound of dried figs and stew the two together, adding sugar and a bit of lemon peel for a palatable taste. Take a teaspoonful of the mixture on going to bed at night.

Freckles and sunburn can be treated to advantage with sour milk, and the wash will be more efficacious if it holds a teaspoonful of benzoin or a few drops of peroxide. Fresh cucumber juice is also good for either blemish, as well as lettuce water. Stew the vegetables in as little water as is possible, and then use the strained liquid as a lotion after the cleansing bath.

It is no use to study the latest fashions in coiffures if a girl does not keep her hair in a neat and healthy condition. In dusty districts the locks should be washed once a month, but the quality of the hair must decide upon what the constituents of the shampoo must be. Dry hair will respond badly to alkalies—hard soap, soda and ammonia—and after the most favorable washing the scalp needs to be massaged with a little olive oil. Damp or oily hair and moist scalp will admit of a little borax in the washing water, and it would be an advantage to massage the scalp when the hair is dry with a little alcohol or bay rum. Curling irons ruin the hair in time, and so will rough combing. Groom your hair as tenderly as if it were a baby's, passing the comb down the locks with slow, even strokes and avoiding snapping it outward at the ends of the hair. Use kid curlers or soft rags for the crimping.

Don't worry because you cannot buy an expensive face powder. Save up the pennies until you have ten cents and then get a little plain rice powder, or several lumps of magnesia, at the druggist's; pound either of these mediums until it is almost dust, sift it through coarse muslin, and then put the powder in a box which can be covered, and spend your time thinking where you can get a little bunch of sweet fresh flowers for nothing. Rose leaves, jessamine, gardenias, and every other richly-scented flower can be used for perfuming the face powder. Break off the petals of the blooms—and shut them up in the box with the powder for two weeks, occasionally shaking it around, but never opening it. At the end of the two weeks you will find a face powder of the exquisite baby variety.

Cold cream of a very useful sort can be made of fresh leaf lard in some of the cold, filtered water you drink, renewing the water several times, and keeping up the whipping until the lard is feathery. Then wash it off in the coldest water you can procure—still filtered—and perfume it with a few drops of extract. Keep in a cold place. Instead of the extract, rosewater, which is excellent for the skin, may be used.

Interest in Belts.
In the Dry Goods Economist the statement is made that the belt finish is rapidly coming into favor for smart dresses; in fact, some of the more dressy models have belt effects, the dress materials being used for this purpose, and in many cases combined with various kinds of leather. The introduction of belts does not mean that the waists will be small, however. The belts are used in an ornamental way only and are not intended to accentuate any curves of the figure.

LATEST TEA GOWN IDEAS



The illustration on the left shows a dainty gown of cloud gray delaine and has an effective trimming caused by a yoke and sleeve strap of fancy delaine, pale pink or blue would be pretty; this has the lower part set to it with slight fullness; narrow lace or fancy braid edges the trimmings; a gray silk cord girdle draws the gown in at waist.

Materials required: Five yards delaine 40 inches wide, three yards 28 inches wide, two and a half yards edging.

The second is a handsome style suitable for satin, face cloth, or cashmere; it is a loose, elegant gown and has a large collar composed of a piece of lightly embroidered material edged with a band of satin to which a silk fringe is attached; the cuffs are made to match.

Materials required: Five and one-half yards 44 inches wide, two yards fringe three-quarters yards satin 20 inches wide.

RED SHADE NOW IN FAVOR

Extreme of Fashion, but the Ensemble is Not Always of the Best.

There is a revival of the red head. A genuine carrot shade is the favorite of the moment, and women have it regardless of their eyes and complexion.

If they but knew how they looked! Most tinted hair is artificial looking, but there is something about the vivid red hue that makes the most refined woman look like an adventuress, coarsens her features and is generally unbecoming.

This truth has not the least effect on those it most concerns; but they might refrain from tampering with their hair if they knew how much the artificiality added to their years. It hardens the features and gives a strained look to most faces; it dulls the complexion and makes all but the extreme blonde look sallow.—Exchange.

DAINTY HAT



The brim of this hat is of pale blue Tagel, the crown of fine lace over pale blue silk; it is drawn up into a puff and set to the brim under satin ribbon, which is arranged in a bow in front.

Under the Brim.

Have you noticed the hat trimmings' new position? Look under the brim if you would find it. Roses, tiny bunches of field flowers, flat bows of velvet ribbon, plumes and aigrettes are now decorating the hat underneath the wide brim. And it is delightfully becoming. Paul Polret introduced the large flat hat with the underbrim trimmed as suggested. Other milliners took up the becoming style and the feature is firmly established in the millinery realm.

Black as Decoration.

The present craze for black and white has got into the house, and black sofa cushions, and table covers, elaborately embroidered, of course, are now reported. The pin cushion may be black, in a white bedroom, and a footstool with delicate embroidery of a contrasting color, will also add to the effectiveness of the room. Black satin is the best for this purpose.

Aluminum Thread Bags.

Bags and purses are being crocheted of a new aluminum thread that looks like silver and that is said not to tarnish. The thread is used with cut steel beads or without the beads and costs 40 cents a spool. The bags that are made with the beads are particularly handsome.

BLACK VELVET WIDELY USED

Shade and Material Both Are Employed in Costumes That Have "Official" Sanction.

The "sweet unreasonableness" of which the poet sings is exemplified by the French modiste who invariably emphasizes tulle and lace and all filmy fabrics for winter and then introduces velvet, and sometimes fur, on the summer costume. Fashion's vagaries are inconsistent but beautiful, so why object?

Black velvet is one of the prime favorites today. It is used for all types of sashes and girdles, affording contrast and giving a slender appearance at the waist line. It is practical on account of its defiance of dust and hard wear, and its ability to harmonize with all colors is too great to ignore. Therefore the black velvet has an excuse other than beauty for being.

Most noticeable is the use of black velvet as facings for hats. The newest models now show entire undersurfaces of black velvet, or wide bands on wire applied with perfect smoothness to the edge of the brim. In this manner the bright color of a hat can be toned down and dissociated, so to speak, from the gown. The black also brings out the brightness of the eyes, the whiteness of the skin, and is generally becoming.

The Sailor Blouse.

The middie blouse is enjoyed by the younger generation. The yoke idea is repeated on many of the smart models for the athletically bound woman. The enlarged armhole is another feature, more of the last season than the future, to be sure, which has aided in making a shirt intended for strenuous arm motion comfortable. Although the high mannish linen stiff collar with the jaunty little four-inch hand tie is very trim, it is not nearly as comfortable as the soft turned-down collar finished with a soft silk cravat. Patch pockets should be just as plentiful as possible.

Ropes of Pearl and Jet.

Ropes of pearls are sometimes three yards long and when these break by catching in the handle of a sunshade or by some other accident it is not always easy to recover all of them, and in the case of real pearls a single lost one may represent a large sum of money. That may be one reason that the chains are now in less costly materials. Jet is immensely in favor for this purpose, and jet ornaments are coming in as a consequence of the craze for a touch of black in all the newest gowns.

Narrow Pleated Skirts.

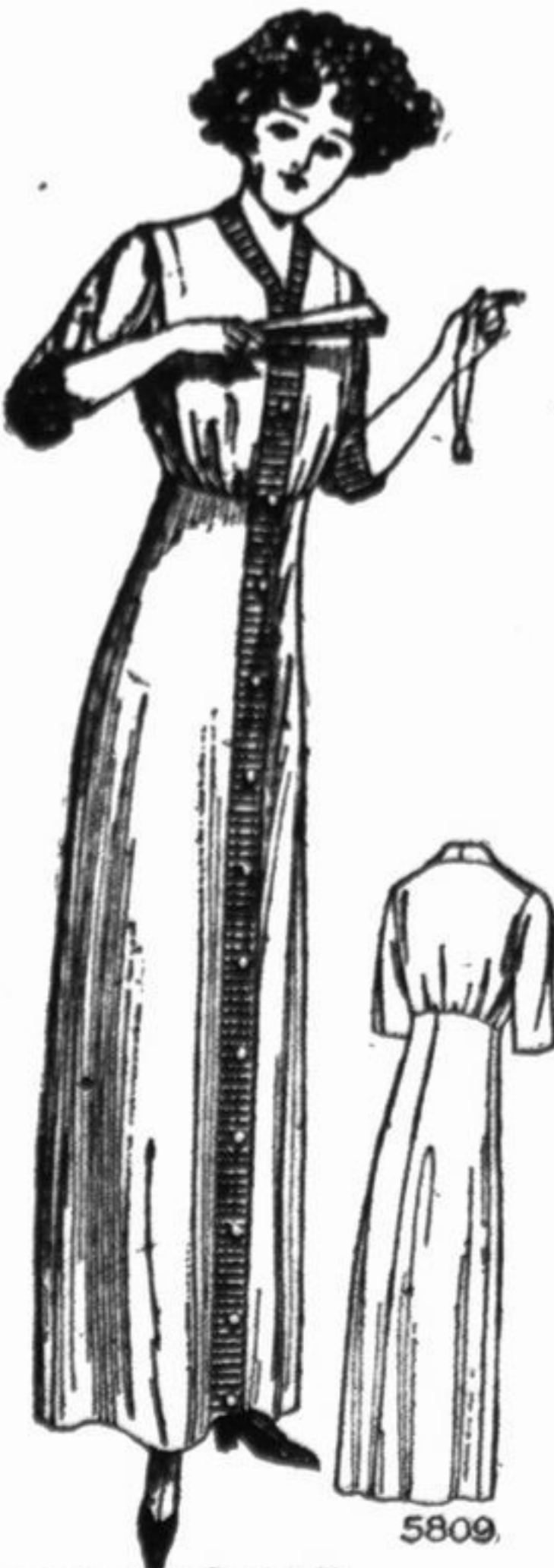
According to the Dry Goods Economist, the fall lines of dresses include many models made in some form of pleated skirt. In every instance, however, they are straight and narrow. The pleats extend to the waist in some of the samples, but other styles show pleated panels or deep pleated flounces. When the pleats extend only to the knees a modified panicle drapery finishes the upper skirt section.

Polo Blouses.

No discussion of cool clothes for hot weather is complete without a reference to those admirable shirtwaists made of white silk which are called polo blouses. They are another addition to the summer wardrobe which women have gathered into their wardrobes.

Practical Fashions

LADY'S KIMONO DRESS.



5809

In this fetching little frock we have all simple lines, but there is about the dress a distinctiveness that marks it out of the ordinary. It is made in kimono fashion and has the closing at the front—from the neck to the skirt hem. A tuck at each shoulder at front provides the necessary fullness. The four-gored skirt is in empire fashion. The pattern provides for low collarless neck or high neck with rolling collar. A pretty and expensive frock can be made of pink gingham with the trimming bands of pink and white gingham.

The pattern (5809) is cut in sizes 32 to 44 inches bust measure. Medium size requires 5 1/4 yards of 36 inch material and one yard of 27 inch contrasting material.

To procure this pattern, send 10 cents to "Pattern Department" of this paper. Write name and address plainly, and be sure to give size, and number of pattern.

NO 5809. SIZE.....
NAME.....
TOWN.....
STREET AND NO.....
STATE.....

Practical Fashions

LADY'S WAIST.



5834

Among the dainty waist designs shown this season nothing prettier has been offered than this charming model. This waist can be developed for dressy or general wear, according to the manner of its treatment. It can be made with high or low neck and with long or short sleeves. The artist offers a clever idea for the trimming of the waist with bands of insertion. Other modes of trimming the model will suggest themselves to the tasteful woman. Lawn, mull, marquisette, voile, or silk is available.

The pattern (5834) is cut in sizes 32 to 42 inches bust measure. Medium size will require 2 1/4 yards of 36 inch material and 3 yards of insertion.

To procure this pattern, send 10 cents to "Pattern Department" of this paper. Write name and address plainly, and be sure to give size, and number of pattern.

NO 5834. SIZE.....
NAME.....
TOWN.....
STREET AND NO.....
STATE.....

Might Defend Themselves.
"Pop!"
"Yes, my son."
"I don't believe in this scheme of offering prizes for swatting a few innocent flies."
"Why not, my boy?"
"Because. Why don't they make the fellows show their bravery by going out and swatting a few bees?"

It Depends.
"How long has your husband's suit for damages been going on?"
"Let me see? I think it is eleven years."
"Eleven years! Does it take that long to get a lawsuit settled?"
"Yes, when you can find a lawyer who is willing to fight on for what he can get out of it at the end."