

**Is Vegetarianism a Fad?**

To most people the vegetarian is a crank or a faddist. It is not so very long since the idea prevailed that the staple part of his diet consisted of potatoes, and cabbage, and the contempt with which he was referred to was sufficient to deter many a one from abandoning the flesh pots.

Nowadays, however, food reform is making progress, and the vegetarian is to be found in all spheres of life. A vast number of clergymen, doctors, journalists, and youthful aspirants to health and strength are to be numbered amongst the supporters of vegetarianism.

This revival of interest in the subject leads many to believe that vegetarianism is a fad—a thing of the moment. To enlighten such as these it might be pointed out that a bloodless diet was advocated and followed by the majority of the ancient Roman, Greek and Indian philosophers. Amongst them we have historic records of Pythagoras, Socrates, Plato, Ovid, Diogenes, Seneca, Plutarch, and Buddha.

Turning to the ancient Christian Church, we find such men as Tertullian, Clement of Alexandria, and John Chrysostom. Archbishop of Constantinople, denouncing in emphatic language the flesh-eating habits of that age.

When we come to more modern times there is no lack of famous writers and thinkers who have abstained from flesh foods for various reasons. Benjamin Franklin, Thouson, Milton, Pope, Swedenborg, Newton, Goldsmith, Shelley, and Wesley were all vegetarians, and the mere mention of their names in this connection should convince us that humane and healthy dieting ought to be more generally adopted in this country than it is.

In "Queen Mah," VII. and IX., the poet sings of a time when it will be said of Man—

"No longer now  
He slays the lamb that looks him in the face,  
And horribly devours his mangled flesh,  
Which, still avenging nature's broken law,  
Kindled all putrid humours in his frame,  
All evil passions, and all vain belief,  
Hatred, despair, and loathing in his mind,  
The germs of misery, death, disease and crime."

That flesh foods kindle all the "putrid humours" in man's frame may not be generally believed, but many medical men and scientists who have made a study of diet tell us, with various degrees of emphasis, that such foods are impure and not conducive to good health.

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**How to Trim an Old Hat.**

**SOME USEFUL AND PRACTICAL MILLINERY HINTS.**

In the twinkling of an eye, Indies, you can trim a charming hat in either of the two ways I am about to indicate. It is a great blessing when one has to trim one's own hats not to have to worry over complicated fashions which demand both time and patience. I am going to put before you nothing that is unnecessary or complicated, and this is an excellent opportunity for novices to attempt the amusing art of hat-trimming. They will not run the risk of crumpling and spoiling handsome trimmings. They will have neither tulle that tears nor muslin that crushes; simply a shape of a plain all-round form with a low crown and a wide flat brim, such as may be bought at almost any shop, in good felt. They were worn last year trimmed with long plumes, or turned up so as to form one of the three-cornered "highway-man" or "marquis" hats, which found much favour and are still to be seen. If any of my readers has such a hat in her wardrobe, she cannot do better than try the experiment on it. Let her begin by picking all the trimmings to pieces, talking off even the wire that edges it, which, if retained, can never be made to look quite like new, as despite all efforts it will show some indication of the shape it formerly took. When the hat is quite bare, pick out carefully every thread, then lay the shape flat on a table, the brim downward, and brush well with a soft brush, then with a bit of silk chiffon or the soft pads men often use for silk hats. If needful a hot iron may be passed over the brim, taking care to iron with the pile of the felt and to cover this with a bit of moist linen, which will help efficaciously to remove any creases. The hat will now be restored to its primitive shape.

In order to renovate it, begin by putting in fresh silk wire. Sew it all round the brim—with knotted stitches, say the milliners. This wire will later on be almost entirely hidden by the trimmings. Now turn up the brim at the back, beginning three-quarters back, touching the crown and coming to a point behind like the letter A laid on its side. Fix it in shape by means of pins, and tuck in the point underneath so that it may not show, and that the back of the new shape may fit closely to the head according to the present mode. It is now a very becoming,

rather long amazone shape. If liked, a barrette covered with velvet may be inserted under the brim in front close to the inner side of the crown. This will elevate the hat and prevent it flattening the hair. Most women look all the better for having their hats slightly raised in front. The trimming is the easiest thing possible. Either of the methods we are about to suggest is fashionable, and is becoming to most faces; choice, therefore, may depend on the materials at hand. If a girl happens to have a couple of nice ostrich feathers as good as new, or of feathers that have been successfully dyed or cleaned and curled, she may take the first suggestion. Cut a piece of soft silk ribbon into lengths, seven or eight altogether, of about a finger length each. make these into loops firmly sewn at the base and tastefully turned back on themselves to form a chou or rosette. This can be fixed on the brim in front so as to conceal the stems of the two feathers, which should be placed one on each side, and fall on the hair behind. The effect is best when the plumes are not quite of the same length.

The home milliner who does not possess any ostrich feathers sufficiently good for the purpose, and who does not feel inclined to buy new ones simply to trim up an old hat, may choose as an alternative cock's feathers. Another mode of trimming is to set at each side of the hat, on the raised brim of the hat and sloping down, a pair of brown partridge wings. These on a brown felt would look extremely well. Another pair of similar wings set in front cover the crown.

**Do Men Like Shy Girls?**

A naturally shy girl is rarely awkward. In truth, she is just the sort of person to excite admiration in the hearts of innumerable lovers who hesitate to approach the dames of erect head, curling upper lip, and more or less haughty manner.

A man does not dare to make love to a marble-hearted maiden. He yearns for a warm, sympathetic nature, such as the shy girl usually possesses. Her heart once given is his for ever.

She is exactly the sort of Jessie to make a loving man happy, and in due course to render his hearth and home an abode of peace and joy. In fact, a little heaven on earth.

**£10,000 For Her Teeth.**

Owing to a slight accident to the train in which she was travelling in Russia, Miss Larkisowa, a leading operatic artist, was recently thrown violently against the door of the carriage, and had five of her front teeth knocked out.

The result was that her singing was considerably impaired, and she claimed £20,000 compensation. The railway company, however, offered her £20, and she took the case into court.

The judges have now held that the loss of the teeth so affected the artist's capacity as a singer that her prospects were entirely altered, and awarded her as compensation £10,000. The company are appealing.

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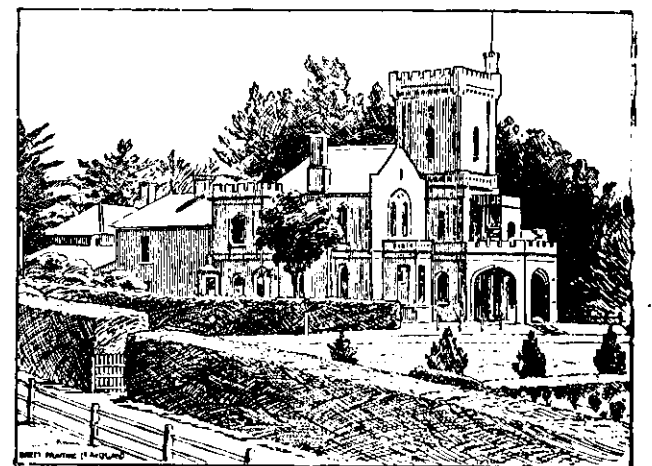
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