

COMPENSATION.

Yes, though these trembling limbs should cease oping body that they now uphold;

Though life's faint flame should flicker many a And keep this breathing corpse above the

Though I should be of everything bereft, Whough I should be of everything bereft. By friends foreasken, helpices and forlorn, Methinks as long as life itself were left, All things, but one, could patiently be borne. I would not bid the lurking spedier stay His lifted hand, if I should live to see. Thy face, at last, in coldness turn away, Thy dear familiar lips grow strange to me— For when, with tender touch, my own they remains the state of the stat

Pain is not pain, and sorrow is snost sweet.

-LOUIS A. ROBERTSON.

# Masque Costumes.

Some Popular, Unique Dresses and Conceits for the Masquerade Season.

NEW YORK, Jan. 12.—In what may be called the mid-season of winter galety is the moment when fancy contumes begin to play important parts in the feminine

Sad-faced Lent, with penitence in hand, s coming, to put an end to merry-making



The costumed galeties of this season are so many and varied that it would be hard to enumerate them all. A COSTUMED DONKEY PARTY.

But among others the old-fashioned "donkey party" has been revived, and a new whim is to dress the guests as veg-etables; all the green and colored things beloved by his ass-ship.

"party" liself is, as everybody knows, merely the pinning of a tallless donkey drawing against the wall, and then trying, blindfolded, to fasten the dised portion where nature has in-

WHAT TO WEAR.

of this, over which the paper skirt, in leaf sections, shading all the way from white to deepest green, is next to be glued. Model delicately the edges of the leaves with a dull knife, and put them on the foundation as if the vegetable were

growing downward. Drape pale-green paper over the bod-ice in any way liked, but have the short sleeves two distinct lettuces with white



centers. For the head, either an inverted lettuce as a hat, or else a green satir fillet and side pom-pom; pale green shoes and stockings. And at last, under the skirt, which should come but little above the ankles, a full flouncing lace petilcoat will further simulate, in dancing, the white crinkled heart of the vegetable the young woman represents.

FLOWER DRESSES. Along with the edibles, flowers are also admissible at a donkey party. All are possible in the lampshade paper, either crinkled or plain, and violets, lilies, narcissuses, roses, poppies, peonies, daisles and sunflowers may be mentioned as the most easily accomplished. When worn by a right sweet she—for, as even Ovid tells us, "No complexion all can bear"—these dainty costumes are revelations of what can be done with little money

SWEET, BUT COSTLY. Where expense is not a thing to be con and so it is we abandon ourselves first to indulgence in mad masques and revels, to all the costume games and dances we have long delighted in, and which are yearly inaugurated by the festival of Twelfth Night.



PIERRETTE AND THE CARROT.

turn out an effective and inexpensive veg-ctable, and a carrot and a lettuce may be any of the characters of history, roman-

material in the green of the tops for the bodice. Have first a kilted skirt of the carrot tint, and then over it a peplum drapery of long pieces shaped as much

as possible like the legume.

The low, green bodice has no sleeves, and is best in a pointed shape, with green ribbons finished with high upstanding ple cheese-cloth. bows forming the shoulder-straps.

A green fillet and tufted side bow ornsments the hair. The long gloves are of

btockings are in the carret tint.

crinkled sort-affords the best possibilisatin and ribbon and thin, white lace, ties for the jettuce, which, however, must the short, gored skirt is first trimmed begin with a foundation of cotton. Make with flounces of lace up to the waist; a low, round bodice and short, scant skirt over each of these falls a second one of to the collar bone as the American wo-

made in this way:

A RED VEGETABLE.

For a carrot, choose called of a yellowish-red shade for the skirt, and the same
ettes Guineveres, and any well illustrated Tennyson will supply becoming and ro-mantic disigns for the toliets. Patch-and-powder ladies need red heels and rich brocades. Dainty Dolly Vardens, on the contrary, are sweetest in only gay flow-ered calicoes, and a goddess of the most heavenly sort can be resolved from sim-

If you are a lover of the Corsican hero you might take a hint from the Napoleonic resurrection and be a Josephine, a Hortense or a Marie Louise. Again, if om the walst up, as can be seen, you have only frivolous French tastes grows, then, only the green tops, and to and are of that sweet, slim, white type temporal than the lower part of the costume in that is most adorable when andacious, tarmony with the idea, the slippers and you might copy Clairin's white Pierrette.

THE PIERRETTE DRESS. A SALAD TOILET. This charming costume, which is a sort tough lampshade paper—the un- of sister to the Pierrots, is made of white

the satin is deep points. The bodice of satin is pointed at the waist, and the sleeves which fit tight to the elbow are there finished with a heavy fall of the lace. A bertha of this trims the low round neck, and falls in ends mingled with long loops of the ribbon over the shoulders. Two other bows with flouting ends the about the sleeves above the lace flourness the long white Directorize cane founces; the long, white Directoire cane which is carried in the right hand is also ornamented with a large bow. Add to all this a full ruche of lace that is worn snugly about the bare throat, a pointed lown's cap of white felt, suede gloves, ilk stockings and square-toed shoes with ace pomponettes. And then, as you stand the thing of

beauty whose influence Keats tells us is eternal, thank heaven for your primal loveliness. And don't forget the painter who has so dressed it to perfection. NINA FITCH.

WATERING HOUSEPLANTS. Probably more than one-half of the fallures with window gardening arise from mistakes in watering. In theory, watering is a simple operation. All that we are supposed to do is to give to our potted plants the requisite moisture for their needs, in lieu of the rains and dews they entry out of deers and are deprived. they enjoy out of doors, and are deprived of. In practice, however, this "requisits" amount calls for a good deal of judgment. Aside from certain elements absorbed from the air, all plants are fed and their growth provided for by various chemical substances found in the soil, and appro-priated by the plant's tissues. These substances must be first dissolved and nade diffusible by moisture, ere they can be carried up in form of sap. The water not only conveys this food, but is neces-sary in itself to fill out the tissues, and to give necessary fluidity to the sap. Too little moisture means a shrinkage and hardening of plant fiber, and a cut-ting off of nutrition, and the plant dies of water starvation. Too much water means continuous flooding of the soil, that trives out the air in the soil with its ife-giving oxygen, and produces a sodien, sour state of the earth that produces in ts turn chemical changes that are poison ous to the tender feeding roots of plants, and the plant dies of water dyspepsia. The true secret of successful watering an be summed up in this rule of 20 words.

Whenever plants are thirsty, give water to reach the bottem of the pot, then wait until they are thirsty again. A drop of water to a thirsty plan is a tantaliza-tion, but to a plant already standing in moist earth, an added flood is an aggravation, quite enough to send most plants into a fit of sulks, for plants can be sulky and contrary quite as well as humans. If water is needed at all, the whole plant craves it, and not the top roots alone. To facilitate the water reaching the bottom of the pot at each watering, nearly an inch of space (more if the pot be a large one), should be left between the top of the soil and the rim of the pot otherwise, the water will run off the top efore enough moisture has been soaked in to reach the lower part of the pot. Do not be afraid of using plenty of water. Water that is promptly absorbed or that drains readily off, will hurt no growing plant. It is the stagmant water and soured soil that injure plants, to avoid soured soil that injure plants, to avoid which, plants once watered should have no more given them until that is ab-sorbed, and the soil commences to get dry, when the same liberal watering should be repeated.

There is no inflexible rule as to haw often to water. In very cold weather plants need much less water than at any other time, and in a warm room pois dry out much faster than in one kept at a moderate temperature, and, lastly, some plants require and some absorb water faster than others. The most senseless iloral rule on earth is to water every plant in the window every morning, whether they need it or not, as though they were run by hydraulic clockwork. The next most senseless rule is to give a taste of water and no more to a plant. is though what is fool to the upper roots would be poison to the lower ones. The sensible rule is to water plants when want water, whether it be one pot or 20 that demand it, and give enoug to satisfy them. LORA S. LaMANCE,

## NEW FANCY WORK.

Novel Effects in Needlework and Canvas Tracings.

The only real novelty in needlework that season has shown so for is in part a revival.

Tapestry work in old-fashioned cros stitch done on canvas was seen in some few instances last year, but not until Etiqueite of Those Importante Little few instances last year, but not until
this present autumn has the work been
done upon time satins and moire stripes.

In this entirely fresh application the
novelty lies. The method itself is oid, but
the effect is entirely new, and the work
bids fair to become immensely popular.

The very handsomest completed piece
of work yet seen is a large sofa pillow of
dull old blue. The material is heavy-striped
moire, combined with satin, and on these
latter stripes the embrodery is done.
The pattern is a slightly raised fleur de
lis. It is worked in all hued browns, and
biending lines with lights of tender yellow. As it now stands the slik looks like
seme old and rare brocade, and the colors
are a very delight. The perfect success
has been obtained through the use of exactly the best colors. One element of
crudity would have spolled the whole.
The woman whose pride the cushion is,
is an artist; instinctively she chooses the
tones that do the best work. Unless others who will follow in her wake are
equally gifted, they have need to pause
and to gain advice. The crude samplelike work of a generation or two ago will
not be tolerated now. The tapestry is like
it only in the method by which it is done.
The slitch itself any child can learn. The
real effort lies in combining tones. Many
of the dealers in needlework designs have
bits of work started and prepared. The
canvas is basted over the slik, the figure
is complete to serve as a model and the
necessary wools and sliks for completion
accompany each piece. Given such an
outfit and such a start, there is no especial skill required to finish what is already
begun; care and neatpess will accomplish
all that remains, but such servile followling of a fixed plan can well become really
interesting, and the more ambitious workers prefer to select their own designs and
to blend the different colors themselves.

Once the work is done, the threads of
the canvas are drawn out and the emhroldery rests directly upon the slik Certainly the effect is unique, and when w this present autumn has the work been done upon fine satins and moire stripes.

### THE FRENCH FIGURE.

American Women Copying the Calve

Figure and the Recamier Line. A captious critic said of Calve last win-ter that he could see nothing admirable a about her, unless it was the long line of her bust. Immediately. American beau-ties began to adopt something else be-longing to the great singer, beside cigar-ettes and a Spanish comb. They tried on corsets whose fullness in, or lack of, bust, lent to the figure that graceful long line from the two tiny muscles in the A captions critic said of Calve last win line from the two tiny muscles in the front of the throat to the point of the

he sends two cards. If Mrs. B. goes in person to call upon Mrs. J. and Mr. B. cannot go, then she takes for him and leaves as she is departing from Mrs. J's., two of her husband's cards.

If the hostess is in the reception-room, it is unnecessary to leave cards, unless one wishes to report a new address.

Only an intimate friend, in making a call, should send up his name by word of mouth by a servant. Servants make bad work of names that are unfamiliar to them. Moreover, supposing you are Mr. Smith, perhaps the hostess knows several Smiths, and wishes to know whether you are Smith the book agent, or Smith the society man whom she rather hopes is thinking twice about her daughter. Your card will tell the story.

Theoretically, if you make a call and find the people not at home, you should leave a card of Mrs. B. and a card of Miss B. If she be out in society, for every lady in the Jones family including any lady who may be visiting them, also one of Mr. B. for each one of the laddes, and an extra one for Mr. Jones. But where the family includes several grown-up daughters and an aunt or two, and several sons who are in society, the multiplication table is only a mild comparison to the arithmetical problem that ensues.

The long and short of it is that even in the best of society in this country, the mother and daughter leave a card applece and two of the kusband and father's (one for the ladies and one for the man of the family.)

But if Mrs. Jones has a visitor and the Browns are paying a payty call for French women have long known that this situation of the bust makes an ex-quisite contour of figure. If it was not natural, they acquired it, and the result made the French figure with its broad shoulders, low, small bust and long, slender waist the ideal one for the civil-ized world.

it was only a copy from Greek art which time. Becamier brought into vogue during the empire. No Venus there had a pigeon broust, nor hunded her bosom up

man too frequently does. The longer the slope, so much more perfect the curve, granting always that the incline allows of another curve to the line of waist.

Even French centuriateurs did not sufficiently impress the American mind with this idea, until the fashiomable women across the channel adopted it. Then English corsets were fashioned to suit the need. The bones were either cut sufficiently low for the bust to fall to the correct line, or the fullness across the chest allowed the same position. Take Mrs. Kendail or Mrs. Langtry, for instance, the two English figures with which, perhaps, we are most familiar; there one can note that superb slope along the chest; and, again, in our own Emma Eames-Story, whose contour is well-night perfect, the line is almost phenomenal from chin to bust. Contrast this with Lillian Russell, whose correct hinds the fullness over the dress line, no matter how slightly decollete is the bodice.

I went into a corset shop on Fifth avenue yesterday to find if New York women were adhering to the start they made last spring. "Yes," said the shop-keeper, "it is stonishing how the sale of Empire corsets is increasing. Each of our customers now adds to an order, be sure you get the bust low enough," and, in fact, we only advise the high-bosomed article for very slim women. But, even they," she concluded, "prefer to have the corset low and padding put lower down.

"For evening wear, the short corsets are worn exclusively. They are especially favorable for women inclined to overplumpness, for them a decollete gown disciouses only the lines of throat and chest."

These corsets is forces and chest."

are worn exclusively. They are especially favorable for women inclined to over-plumpness, for then a decollete gown discloses only the lines of throat and chest. These coracts, I found, are not the genuine Empire, for they run below the waist to a point back and front: "much more comfortable." the speaker told me, "than those cut off at the waist line, for they were apt to be trying to stout wemen. Then the line over the hips is better when regulated by whalebones."

Plain white corsets seem to have been shelved with white stockings. Black satin is correct for ordinary wear, but every variety of stays are sold made up in fancy brocades, and these are the modish thing just now, no matter if one's gown he as "plain as a pipe-stem." For full dress, the ground is white satin, gayly flowered or wreathed in Empire designs, this being considered more elegant than the blues and plinks of former years.

A smart woman who is careful about her clothes is quite as fastidious concerning the making of her corsets as the build of her hat or boots, but the dress-

TO ATTAIN THAT LONG, LOVELY LINE.

mnany this sketch

oregit.

ELLEN LE GARDE!

LUCILE EATON HILL.

accredited representative at various con ventions and congresses, where the subject of physical training was under

cussion, notably the one at Chicago dur-ing the world's fair.

Miss Le Garde is at the head of the

physical training department of the Prov

idence, R. I., public schools, and prob-ably instructs no less than 25,000 children

during the year. Miss Le Garde is very

to Miss Le Garde.

n. This retails the nevery movement of the exact line where ourset ends, a pointed bust has been hioned. This effects its end in an ad-

mirable manner.
It costs from \$7 to \$5 to have a corset made, but such stays last for years, always retaining their shape, therefore, it is the best economy in the end.
HARRYDELE HALLMARK.

VISITING CARDS.

Pieces of Pasteboard.

This pathetically helpless query is still

n its rounds. It especially harasses the embers of that society that is habitually spelled in small letters, but a good many of the upper ten have the trial with the

Take the single matter of visiting cards. Simplest thing in the world, but their use is abused by folks who ought to know

constrously long and many, considering

how short life is. But there are a few rules which, if learned by heart, will go a long way toward making you seem

to know more perhaps than you really do, and this is justifiable, if it doesn't puff you up with undue pride.

Just remember, to start in with, that your visiting card stands for you. Therefore, treat it with respect, and on general principles don't let it do anything that you yourself wouldn't do. Therefore, do

not write "congratulations" or "condol-ence" on your card and send or leave it anywhere. If your card left formally does not mean enough it stands for you and all you would have said in a call had

you seen the person for whom the card is intended, remember-then write a civil

A great many married people have found out that it is thought to be polite to send their visiting cards to people whose wedding is announced, but many do not

yet know that these cards mean the same thing as a call. Therefore, Mrs. Brown must put into its nent little card envelope one of her cards, and two of Mr. Brown's.

It is not au fait for her to call upon Mr. Jones, but it is polite for Mr. Brown to call upon both Mr. and Mrs. Jones, hence he sends two cards. If Mrs. B. goes in person to call upon Mrs. J. and Mr. B.

What do you do?"

barbed-wire fence of etiquette.

better, and who wish they did. The stationer keeps up with the latest thing in bristol board, engraving script, and dimensions. Go to a first-class shop and be sure to have the prefix Mr., Mrs. and Miss placed before your name. The ramifications of card etiquette are

hall after a reception still obtains in good society over here. It helps the notes to remember whether you were a factor in the crush or not, and costs you a pretty penny for cards in the course of the season, for it is necessary, according to usage to leave a card for each lady whose name appeared on the invitation. If Mrs. Jones gives an "at home" for Miss Jones, or Miss or Mrs. Anybody, you must leave two cards, and each of your daughters who is invited goes and leaves two cards or stays away and sends them by you; and then your husband and each of your sons who is in society leaves two cards or sends them by you. If none of you can go, you all send cards on the day of the reception.

If it were an R. S. V. P. affair, then you replied at once on note paper, and in the same style of wording in which the invitation was conveyed. If you decided then leave cards at the time, and call afterward.

Regret or accept to the people who issues the invitations always. If you know Millie Jones, and her father and mother invited you to her weedding, reply to them, not to Mille, though you may write as many reams as you please to her personally. But when you send you my write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may write as many reams as you please to her personally. But when you may the many reams as you please to her personally. The innocence of the intention abates nothing of the mischief of the example."

It is not enough to mean to be civil. You must show that you are. B. A. W. PROFESSOR KATE ANDERSON. the quality of persistency, which is certain to help the girl mentally

VIGOROUS ST. LOUIS GIRLS. One of the best known and most popular teachers of physical culture in St. Louis is Mrs. Mary H. Ludtum. For about half a dozen years she has been teaching in the high and normal schools, and in connection with this work gives instruction in the gymnasium of St. Vin-cent's seminary. Until within a year she has taught the Delsarte system, which lately she has changed for the one em-ployed by the Turner bund, which has its headquarters at St. Louis.

AT THE CHICAGO UNIVERSITY. Miss Kate S. Anderson, sister of Dr. Anderson, of Yale college, is in charge of the gymnasium at the Chicago uni-

Anderson, of Yale college, is in charge of the gymnasium at the Chicago university, which, by the way, was founded by Mr. John D. Rockefeller.

Miss Anderson spent last summer in Scandinavia., and while in Stockholm she received private instruction in medical gymnastics, under the direction of Professor Tongren, who is at the head of the Royal Institute of Gymnastics in Stockholm. Miss Anderson is bending all her studies in the medical direction and hopes soon to receive the degree of M. D.; her object is to make a specialty of medical gymnastics. Upon Miss Anderson's return from abroad last autumn, she found awaiting her, the appointment to the position at the Chicago university. A course in gymnastic is required of all undergraduate students, and the priviundergraduate students, and the privileges of the gymnasium are offered to all

STALWART COLLEGIANS. Alice Bertha Foster, M. D., late of the Chicago university, is now instructor and director of physical culture at Bryn Mawr college. The accompanying illustration shows her in cap and gown, which is required at Bryn Mawr of the seniors and members of the faculty. At the Chiand members of the tacinty. At the Chi-cago university, the witching cap and gown is also worn by students, and upon all official occasions, by the faculty. Miss Foster or "Dr. Foster," studied at the medical school of the University of Buf-falo, and graduated with honors for her thesis on spinal curvature.

makers think it even more imperative, claiming that gowns preserve their longer and wear better if coract and bodice are built together on the figure; a good coract, they say, should last as long as a gown.

For stout—well, fat women—the corsetions have devised a new comfort. Instead of the irritating whalebone ends that renders sitting down a torture. A wide rubber band outlines the lower edge of the stay. This retains the shape, but yields with every movement. There are about 309 students at Bryn Mawr, and they all go in for physical culture. The Sargent anthropometric charts have been introduced and at the first meeting in the autumn of the freshnasiums must be all-round athletes in REPRESENTATIVE PROFESSORS. Take for example, as representatives, he five young women whose pictures acman class, each member is given her own "curve" to study, with prescription cards to follow. The students take the Swedish drill at first; this is followed by the more Miss Ellen Le Garde is perhaps the hest known, as she is not only a very successful instructor in physical culture, but a writer and inventor as well. She has visited every gymnasium of impor-

regarding animals in these words: "They tell me that in England your old maids, tell me that in England your cid maids, when they no longer have the chance of being loved, turn all their affections toward animals. I like them for it. To my mind, a noble dog, for example, is much more worthy of love than a man. I firmly believe that it is given to some few human beings to understand the feelings and instincts of animals, and I am as firmly convinced that I am one of them. If I am in a crowd of people and a dog or cat is near it will come naturally to me without my making the slightest movement. Why this is I cannot cay, unless I admit that there is developed in me another sense whose existence animals at once perceive: But that is the fact, if you don't admit my explanation, you must deny the existence of what is an evident as the light of the sun." ident as the light of the sun."

### PARISIAN BONBONS.

The Trade on New Year's Eve-How One Present Serves Many People.

New Year's day is for the Parisian confectioners a golden mine whose rich vein it takes several days to exhaust. The ele-gant young ladies who serve in brilliant shops, sparkling with a thousand lights reflected by mirrors and crystal pendants reflected by mirrors and crystal pendants without number, though so obliging and active, are scarcely equal to the task of pouring out for the impatient crowd the floods of sweetmeats for which they thirst; floods more abundant than those which issued at the touch of the fairy's wand from the diamond rocks of the Fortunate Isle! Statistical science, which is not a fairy assures in the touwhich is not a fairy, assures us that no more than 3,000,000 or 4,000,000 france' worth of bombons and confectionery are sold in Paris on New Year's day. But the fact is that bonbons multiply in the hands of the thrifty French bourgeois to so won-derful an extent that if the value of all the sweetments that people give each other could be calculated in money, it would ertainly amount to at least 25,000,000

francs.

The solution of this mystery is exceedingly simple: You give Mme. X a bag of marrons glaces (preserved or crystallized chestnuis) tied with a pretty red ribbon. Mme. X. thanks you with a smile, opens the bag, praises the fruit with a's the tact of a Parisian woman, graciously offers you one of your own chestnuts and cats one herself. She finds it exquisite, of course; but as soon as you have taken your departure she carefully ties up the bag and sends it with all the compliments of the season to the children of Mme. B., her particular friend. Mme. B., in great alarm lest the bonbons, pastilles, dragees, pralines and preserved fruits, which fall like mannaamongst the children, should make them

glaces inside it, substitutes a blue ribbon for the red one, and sends it back to Mademoiselle Sophie, who, it is to be hoped, will this time keep them for herself, unless, indeed, she be compelled to arrange them in a pyramid upon a dessert plate for the good of the family. Even in this case, I should not like to make oath that the family will eat them. There are in Paris bags of bonbons that it would be as fatiguing to follow during the first week of the New Year as the trace of the footsteps of the Wandering Jew. All the necessary calculations being made, the bag of bonbons, whose cost price was 6 francs, and whose history has just been related, has served the place of six bags; total, 35 francs. Nevertheless, it is always wise to in-

vestigate thoroughly the contents of the bag down to the very bottom before part-ing with it, in order to avoid the dangers of a certain illicit correspondence, which

ing with it, in order to avoid the dangers of a certain illicit correspondence, which is frequently exchanged, through such medium, during that season of the year, to prevent billed doux from failing into the hands of the wrong party, thus creating the most extraordinary confusion, or the most unpleasant, absurd and sometimes distressing situations. But, as a rule the Parisian bourgeoise, male or female, is very cuming, and fully up to all these possible incidents of the gay Parisian life.

It often happens that bonbons are worth less—a great deal less—than the cover which contains them. It is almost impossible to imagine how much invention, art and labor are expended on all sorts of bags, boxes, cornets and baskets of bonbons. Those intended for rich presents sometimes cost as high as 1500 francs, and covered with delicate paintings, like the most beautiful fans, or they are carved, damasked, inlaid, impearled and gilted with the most delicate taste. Others again, more modest than these, imitate every natural form that the mind can imagine. The showrooms and the factories of the Parisian confectioners may thus be said to exhibit in miniature all the products of human industry, and in that line the Parisian industry far excels the similar industries of all the other great cities of the world.

### Why We Sneeze.

London Daily News, Dr. Scanes spicer, reading a paper the other day before the Chemists' Assistants' Association, on "Sneezing," told his hearers that the act of sneezing has always been regarded as supernatural, and by many races was held in reverence. Hence arose the custom, not even now altogether obsolete, of making some remark directly after sneezing. Sneezing was regarded as a sign of impending Sneesing death during the plague of Athens. Many classical writers make especial reference to sneezing, and some supposed that, dur ing the sneezing, devils were expelled. Sneezing itself is a reflex nervous action, and is brought about by mechanical irritation of the ends of the nerve fibers which occur in the tissues of the nose, When this irritation occurs, whether it e due to a foreign body or a change of temperature affecting the tissues of the nose, a nerve impulse is transmitted to the brain, and certain nerve centers in the medulla oblongata are affected; this results in certain impulses being transmitted along the nerves to the muscles controlling respiration. By this means the egress of air during respiration is lelayed, and the various exits are closed. When the pressure, however, reaches a limit, the exits are forced open, a power-ful blast of air is expelled, and the pa-

Wins Buck the Allowance. The bitter cry of the son of a man famous in purifament and as a cardfamous in parliament and as a card-player has been lately heard at Oxford, "My father allows me three hundred a year," grunnbes as undergraduate, gally, "but he wins it nearly all back from me at poker." Impoverished fathers, in these difficult days, may be grateful for the hint. If sons must, as a matter of course, lose sovereigns to somebody, it seems only a fair interpretation of filial duty to let fathers have the first chance of the winnings.—Pall Mall Budget.

PHYSICAL CULTURE PROFESSORS. tance in Europe, learning something, so pool was built last summer at the college,

she says, from each one. The only piece of apparatus of the 200 or more in use in gynnasiums, invented by a woman, is the musical dumbbells, which we owe and now every girl is being initiated into the gentle art of swimming in connection with her other athletic exercises. DIANA CROSSWAYS. Sarah Bernhardt on Dogs. She has been honored, and the only woman thus honored by the North Amer-lean Turner bund, having been their

In a recent interview Sarah Bernhardt gave expression to her pet theories re-

MARY HOGAN LUDEUM.

ALICE B FOSTER, M.D.

Highest of all in Leavening Power. - Latest U. S. Gov't Food Report.



ABSOLUTELY PURE

fine looking; she is tall, has bright eyes (that nothing escapes), very dark, brown hair, and rather a round, full face. Her expression is animated; she is very enthu estic and ambitious and a brilliant con

family).
But if Mrs. Jones has a visitor and the Browns are paying a party call for something given in honor of the guest, they must each leave a card for the visitor and also one of Mr. B's for her.

The custom of leaving your card in the WHY WELLESLEY WINS. Wellesley college considers that the sys tem of physical training adopted there