

ming, collar, girble, etc., may be of white taffeta and pale rose-colored sattn. The plattings on the akirt should be hemmed with narrow white taffeta rib-

hemmed with narrow white taffeta ribbon. The loose fichu, drooping off of the
shoulders to show the yoke, should be of
blue, edged with a narrow raffle of white
lace; it should be left open, after the
manner of the fichu described above.
But to return from the fanciful future to the practical present tense in
modes. Visiting gowns that have been
planned late in the winter are remarkably elegant, triumphs of the season as
it were. Several are shown in a group
on this page. The girl in the background
is robed in supple gray cloth, dotted with

is robed in supple gray cloth, dotted with black chenille. The tight-fitting jacket of broadtail is double-breasted and crossed

there to book

Hair is loosely dressed.

The sleeves, excepting at the very

large muff, ruffled at the ends and lined

with gray satin. The hat, which is very

round wings of tulle, streaked with jet-

Heru Embroidery.

uniquely trimmed with small, detached

Old and New.

In the old novels, so we read, the girl swooned now and then To be resuscitated by her lovers—gallant men. In the new novel quits as oft most shocking

much outrageous talk, but doesn't swoon at all.

MUSING ON SPRING GOWNS

From Purs to Dimities Is a Far Cry, Yet Feminity Is Planning for Warmer Wenther,

NEW YORK, Feb. 5.-Hardly has my lady had time to decide whether she is completely satisfied with her new furs, whether or not they are the pelts above all others most suited to her own particular style of beauty; whether they are the most chic, the costliest and especially whether they are the warmest that could have been obtained, when lo! the shop windows are full of lawns and dimitles and organdies, and, "What would be the coolest thing to buy?" becomes a leading question, despite the fact that the therometer may register several degrees below zero. Only women who are exclusive buyers know the value of these forced early males. Many fabrics and designs are exhibited then which are never duplicated later in the season. If the gowns are imported, the fashions may be relied upon, even at this early date, provided one is possitive they have just arrived, and are not of last year's showing. In a word, it is not unwise to give a little premature ught to the warm weather wardrobe ularly if one anticipates traveling in

A noted characteristic will be the elbow sleeves and rounded fichu. The newest fashion in fichus is quite full, but short, it passes around the shoulders and, instead of being crossed, or fastened in front, is caught down with an oval gold buckle to the hollow the the shoulder at uckle to the hollow the the shoulder, at ither side, in front. The ends of the chu, whether they be short or long, are allowed, jabot-like, to hang loose below

White panels, extending from the shoulder clear to the hem of the skirt, will be set into colored lawn frocks. The panels set into colored lawn frocks. The panels are made something like the fronts of ye old-time christening robe of cluster tucks, alternating with lace insertion. These may be arranged in points, or straight horizontal lines. The insertion is usually whipped in by hand—a kind of sewing that makes pretty funcy work for idle days. It is most effective in point arrangement and may be made quite elaborate by using lace beading instead of cluster tucks, and running baby ribbon through the bending. through the bending.

Begin on It Now,

Any one who begins such a front now can easily have it finished before the end of spring by working on it merely at odd moments. It is cut across the waist line and tacked to a bell, so that the cor-sage and skirt are really separate No.h-ing could be in higher vogue than a deli-cate pink, buff, blue or sea-green gown, with a lace front, made by hand, and trimmings of knots of black velvet ribtrimmings of knots of olack veivet rib-bon or light sails ribbon, matching the color of the gown. The front should be unlined, to show the bare neck and the dainty lingeric beneath.

Many of the summer gowns will have

a perfect swirl of platted flounces around the bottom. Tucks will be used to dis-traction. Box-plaits, stitched half way down, will meet audately over full underplaits that will not reveal themselves until the wearer walks. Much stitched application of finy black velver ribbon will render many wash dresses decided.y unwashable. Great elaboration of ince stil be used, and thin, light-colored stuffs will be trigmed with rosettes and float-ers of mouseline de sole in the same shade. The shape of the skirt must depend on the type of figure it is designed for. Some will be very scant, with stender trains, and others will be emphatically full, the fullness being laid in close plaits and stitched smoothly down about the upper part. All, however, are to be in-

commoditually long.

An exquisitely fresh tollet is made of turbit rose-colored batiste, in narrow platied panels tapered almost to nothing at the waist. Between the panels are fint spaces of batiste, checkered with a lat-free-work of lace insertion. At the bot-tom of the skirt are three full phited finunces of batiste, with a row of narrow hounces of cathete, the art of larrow hems. The ruffles are wider and mount higher behind than in front. The top flounce has a heading made of three rows of lace bending, threaded with black vei-

The bodice has a deep round yoke and sieeve tops all of lace Insertion, unlined. The remainder of the sieeves, which are light, is tald in unstitched, horizontal tucks. At the left of the bust is a huge, siry conette of black mousseline de sole, and a black mousseline de sole sash, and a black mousseline de sole sash, frawn ticht around the whist, is clasped at the back with a square gold buckle. Very deep gray velect. The motifs are the bottom of the yoke and the top of the high, smooth collar that is made in one with it are finished with three flat rows of bending and black ribben. The bottom of the sleeves are ter
ter, over a flat rows of its bleeves are terlete, over a flat guinne of iverveolured.

green cloth, that, at first glance, does not appreciably show the amount of labor that has been expended upon it. The whole narrow panel down the front and the circular ruffle that shows beneath the pointed edges of the simulated tunic overskirt are of cloth, closely covared with flowers embroidered in white silk floss that is barely tinged with green. The effect is marvelously lovely. The embroidery is so smooth that it has the luster of saith. Her the work that is found to the control of the broidery is so smooth that it has the luster of satin. Ilke the work that is done on Japanese robes of state. The panel and the points are edged with corded pipings of waite satin, placed in a close group between corded pipings of black velvet. The front panel is crossed at regular intervals by the same black and white pipings, applied in points. The small coat collar with rounded lapels and the cuiffs are of black velvet, piped with white satin, and the front is filled in with a white silk stock and shield. Another single sketch shows an allur-

Another single sketch shows an alluring new ball costume. It is made of spangled black tulle and wide cream-coispangied black tulls and wide cream-coi-ored lace, over lvory white satin. In form it is princess, fastening invisibly at the left side. The spangled net is full length in front, but sbortened behind, al-lowing the white lace to fail in a demi-train. In front, the two ends of the wide lace flounce are crossed lightly over and ornamented with a large, black vei-vet ribbon rosette. Other rosettes are placed at the right and left or the decolplaced at the right and left or the decol letage, which is graped with cream lace A soft, graceful drapery of turquoise blue panne begins under the resette at the shoulder, is looped up and caught with a fancy buckle to one side of the waist, from which it falls again, to be caught in under the double resette, at the oppsite side. The sleeves, which leave the shoulders bare, are made tight-fitting and of unlined lace. They are beaded with a row of pearls, and strands of pearls a row of pears, form the shoulder-straps, ANITA DE CAMPI.

FASHION JOTTINGS.

Hints of Use to Women Who Would Be Well Dressed.

NEW YORK, Feb. 5.—The most advis-able "best-dress" material for a middleaged woman who wishes something that will remain in fashion for at least another year, is velvet. An excellent color is a shade of rich maroon, piped with black marten, in lieu of sable. The bodice should be opened in a V and worn over a collar and shield of tucked white eatin. Lining is an item in dressmaking that

has lately caused much debate. Whether skirts shall be lined or not depends entirely upon the weight of the material "Trotting" and walking skirts are almost invariably unlined, being made of heavy stuff, usually double-faced goods. Silk skirts are frequently unlined, or lined with separate drop-skirts; silk dress-skirts worn with overskirts are never lined. The most delightful and serviceable material for good skirt linings or pettleoats is adapted from men's tailoring supplies. It is called satin serge, and is the sort of stuff that is used in the lining of overceats. It wears practically forever, and molds itself nicely to the figure, being less criep than taffeta. A full, annexed ruffle of taffeta will be found to give the proper flare to the bottom of the dress above it. The best tailors are using an inch-wide band of stiffening in the skirt hems. skirt hems.

An effective extra watst may be made out of two yards and a half of tiny striped black and white taffets, having wide bands of black satin, woven at regu lar intervals into the silk, running paral-lel with the fine stripes. The back should over the front, in two wide scollops, buttoned down with two cut-silver buttons.
It extends down over the hips, where it
is sloped off in Louis XVI form. The
collar, which rolls high at the back, becomingly framing in the face, is ef sathe first should be cut in the same way.
It should be covered, from above the
bla. The sleeves, excepting at the very.
Very the bust line, with a smooth yoke of V at the bust line, with a smooth voke of top, are covered with rich gray Arabian lace. The broadiall is repeated in a scant ruffle, at the bottom of the skirt, and in a white satin, veiled with heavy cream lace, The narrowest possible turquoise blue, or coral-colored baby ribbon, should be worked in and out among the meshes of the lace. Chenfile may be used instead of the velvet ribbon. The stock collar should original, is made of folds of cerise velvet, stitched to a small high-crowned frame and trimmed in front with two large be of coral or turquoise panne, and a narrow girdle of the same may be caught together behind, with a double metal clasp. The sleeves should be long and end in point or bell at the knuckles. They may be faced either with panne or lace over satin, and turned back from the hand if The hostess is also gowned in gray, but of a lighter, softer shade. The suit is desired.

Transparent vokes, partially embroidered



VISITING TOILETS.

bon. The bottom of the sleeves are terbon. The bottom of the sleeves are terlicte, over a flat guimpe of ivory-colored
panne, finely tucked. The color is of
panne to match the yorke, and the girdle,
of deep gray velvet, is allowed to dip
A great deal of pink is to be worn, and jow at the waist line in front, where it ight turquoise-blue, with a touch of anem- is classed with an antique sliver buckle.

Suy, will be a favorite combination. In the foreground is a costume of pastel

motifs of scru embroidery, under are serviceable appurtenances, converting ballroom toilets into dinner and recep-tion gowne. Such yokes are worn with stock collars of panne satin or mirrored velvet.

> PREVENTS FALLING OF HAIR. Crude Petroleum Successfully Used

becoming, wavy looseness in the back, this style was too successful to be lightly this style was too successful to be lightly given up, and beside, if hair will not bear combing high, something is radically wrong, thus reasoned the woman. To get at the root of the hair and trouble she followed faithfully, for a fortnight, a treatment which is simple and sensible. As a result the hair not only ceased falling out, but became wavy and alive as well. She used crude petroleum jelly, working it into the scalp, not leaving it outside, to prove worse than usoless."

Here is the recipe for making the hair-fertilizer strike home, it being promised that unfolin furnishes the best means of conveying a food or medicine into the skin:

nkin:

Procure then a quantity of lanelin and mix it with a like quantity of crude petro-leum. Put a little on each finger tip, sit down comfortably to this fertilizing process, and if possible, before beginning, what is to be continued once every day for two weeks, shampoo the head. Having hair and scalp clean, begin with the front hair, bend the anointed fingers and begin a pa-tient, gentle rubbing, getting directly at the scalp, touching any part but the roots of the hair as little as may be. Folow the same rule for the back, beginning with both sides of the crown and

the Philadelphia Inquirer. "With that lady, skeleton man, bearded lady, etc. can be exhibited in an alcove; rings can be tossed for peppermint candy canea; the racecourse may be merely one sperting picture, viewed in secret, one at a time; the art gallery represented in Hustrated rebus form. For instance, "The Man With the Hoe"

is represented by a garden hoe, with a rag tied on the handle, containing the word "Man"; "The Song of the Lark" by a song in sheet-music form and a stuffed lark.

The ingenuity of the hostess will sup-ply quite a list. The groups can be num bered and a catalogue of the art gallery compiled and sold. For the stock show there are any number of animal forms in metal and china for sale on the streets and in the shops, and a large collection can be made with slight trouble. All these little creatures must have their own these little creatures must have their own

The domestic exhibits can be made the refreshments for the evening, while the fancy work can be presented by vote to the most popular, handsomest or joillest woman present.

To Gloss Collars and Cuffs. There is a knack about getting the right ginning with both sides of the crown and kind of a gloss on linen collars and cuffs, then working up from the base or but the method is easily learned by a "scruff" of the neck. At first it will be competent laundress. The gloss desired is



impossible to prevent the hair looking a like that on new linen, and is produced little greasy, but brushing will help this by friction with a warm from The ar-and for those who object to the brush, the hair may be well rubbed with a soft, as possible, according to the old-fashioned fine cloth or large silk handkerchief. As soon as the hair stops coming out, the ap-plication may be discontinued, but a gen-tle massage with all the fingers will be found necessary to continue the good work.

CHATELAINE BAGS. Many Noveltles of Most Attractive

Design Being Worn. The chatelaine bags show many attrac tive novelties. The newest is made of white monkey skin, studded with steel to form a conventional design and mounted be made with a bias seam down the cen- in silver with a gray finish. Bags of gray suede are also the fushion, with the mounting of gun metal, studded with ame thysts, bits of topas or turquoise. Quaintlooking little bags, crocheted allk, will be carried with many of the new spring costumes. round in shape, and are just about large enough to hold a small purse and a handkerchief. These bags are sold in a variety of colors, and are mounted in m some in oxydized silver and gilt with rose finish. Bags of white metal

are also a novelty of the hour. Bended bags, such as our great grand-mothers made and wore with pride, are exremely fashionable. They are worked not mly in plain, but vari-colored beads, and retty conventional floral effects are seen. For example, a bag of fine steel beads will show through it a design of violets worked in tiny purple beads. The black relvet bags show many beautiful mount-Those in silver with a cameo in the center, and those of silver in the new Homeric designs, are among the most artistic.

FANCY SLIPPERS.

Tendency to Return to Open Scroll-Work Designs.

A fancy of the season in fancy slippers is to match heels and trimmings in color Among the trimmings none are so well liked as cut steel buckles and sildes, although those of rhinestones hold their own, and gilt and oxidized sliver, set with rhinestones, rubles, sapphires, emeralds and garnets are popular. English morocco in lavender, light blue, red and cuir color and English deerskin in dove gray are among the new materials employed this seison for semi-dress slip. loyed this season for semi-dress slip-

There is some tendency to return to the arved or open work that was in vogue 25 r 30 years ago, but the custom of filling he open spaces or fretwork with gilt sather is fortunately not revived. A high-ut elipper, carved in a scroll design and uttoning over the instep, allowing the retty allk stocking to show through, is one of the newest designs. Carriage boots n crushed velvet and quilted satin, in shades to match opera closks, are trimmed with fur, and many of them are finished with a mink's head in the front. Bables' carriage boots, made with quitted satin tope and trimmed with swan's down, are in vogue in the East.

COUNTY FAIR TRANSPLANTED. Novel Idea for a Drawing- or Ballroom Entertainment.

There is no end to the fun in a home imitation of a country county fair transplanted to the city drawing-room or ballroom, with proceeds donated to charity, At the real thing there is red lemonade for a nickel, fortunes told for a quarter, popeorn balls for a dline, barber-pole stick candy for a cent, rings to throw over quarter, sideshows at 10 cents, the art gallery for a quarter, the general exhib-its free, and the racetracks for 50 cents, with an admission fee of a quarter for each adult, 10 cents for children, and a quarter for the horses, with extra fees for feed. All these, explains the New York World, which originated the idea, are easlly caricatured for the house, and the uni-form fee of a penny or more, to add zest to the fun, can be put into the charity-

for the Purpose.

"A certain head of hair possessed by a woman of uncertain (or only too certain) age, began to fall in combinis every time her tremes were brought well upon the head, as the present mode demands," says

as possible, according to the old-fashioned method, and then dried. A piece of sperm, paraffine or white wax, the size of a hazel nut, is generally added to the When ready to be froned, the linen is

When ready to be fromed, the linen is dampened slightly and ironed in the usual way with a flat iron. Then comes the glazing. A peculiar-looking, heavy flation, rounded at the bottom and polished as bright as a mirror, is used, and is pressed firmly upon the linen and rubbed with much force, thus producing the gloss. Plenty of friction is the secret of glossing linen to perfection, but there is glossing linen to perfection, but there is a knack in knowing how to apply the friction.

To Restore Stained Corments.

Fresh fruit stains may be removed by ing the garment in before washing it. Ink stains usually succumb to soaking in fresh milk. The milk will not injure the most delicate col-Saturating an article in salts of

lemon, lemon juice and salt, and drying in the sun, will efface most stains, in-cluding ink and iron rust, from white fabrics. If the fabric is colored the acid will remove the color as well as the stain, Oxalic acid is still more powerful for the same purpose. After using it wash the article, or the acid will injure Ammonia will restore color which has

been taken out by acids. When, however, the acid has been used to remove a stain, the spot often reappears as well as the restored color. French chalk is a specific for grease spots. Get the chalk in the stone, as the powder frequently is adulterated, and scrape it on the spot un-til it is well covered. Leave the chalk on until it absorbs the grease. Two or three applications often are necessary for the purpose. Brush the chalk off thoroughly each time before renewing it, and use plenty of it.

Wedding Cake's Origin. Our wedding cake is the remains of a ustom whereby a Roman bride held in er left hand three wheat ears and, many centuries later, an English bride wore a chaplet of wheat. The bridesmaids threw grains of corn or small bits of cake upon the heads of the newly married and the sts picked up the pieces and ate them wedding cake did not come into gen eral use until the last century, and was then composed of solid blocks, laid to gether, iced all over, so that when the outer crust was broken over the bride's head, the cakes inside fell on the floor and were distributed among the guests.
Bridal favors are of Danish origin, the
true lover's knots having been first designed by Danish hearts and deriving its designation from the Danish truelofa-"I plight my troth,"

Beaver Coming in Again. Beaver furs have not been worn for a good many years, but more and more of them are being seen this winter in Eastern cities, and they are distinctly fashionable. One trouble with beaver is that, though it is a pretty fur, it is very warm and heavy for this climate. It seems to fairly generate heat, and when a heavy jacket of it is once put on, it is

suicidal to change for anything else. It is worn as jackets and capes. It is not a fur that stout women can wear, as they can the lamb, which fits the figure like a k'd glove and seems hardly thicker. Beaver is pretty for children's clothes as trimming or edging.

Amulet Fad. One of the uses of the new fad for amulets is to have the medallion fitted with a brooch pin and hook on the back, and wear it with the kimona, now so popular in the place of wrappers, tea gowns and other negligee garments. The medaillon is used to pin the kimona to-gether, leaving the necklace hanging loose-ly about the neck.

Sensible Footgear.

Foot clothing for men and women has



Swing Low-Swing Low. wing low-swing low-Now do the Sleep-folk gather user little people, as you must know With ways that smars us, rather; sople with methods of fading away, Safe to their country they beer us.

Sometimes the Sleep-people scare ust

Swing low-swing low-This is a song for my dearle. Faith! she insisted on music, and so, I may sing on th! I'm weary.

Swing low—swing low— Here is a fatherly Brownie. He comes to Invite you, invite you to go, Wrapped in Sleep's mantle so downy, Unto the country where Brownies abound, Where eifnin are playing above you, The queerest queer country that ever you found, Where all of the Sleep-people love you.

Swing low-swing low-Hetter be alsoping, he steeping. The Day-world but wearies, it wearies Into the Heep-world go creeping.

Swing luw—swing low— Sleeptime and nightlime are near us. The little Sleep-ceople now fift to and fro; They come but to greet us and cheer us. A moment, a moment and you shall be there, With elfins of Shumberland cheery. Past the world of unrest and the country

My little one, little one, dearle,

Swing low-swing low-Expelids are creeping, down-creeping, One faint final flutter, one flutter; and so My battrale is sleeping, is alseeping, -A. J. Waterhouse in S. F. Examiner.

FEMALEFURIES RUN AMUCK

Pennsylvania Coal Strikes Disclose Unpleasing Traits of Emotional Hungarian Feministry.

Recent strikes in the Pennsylvania coal egions have revealed a new element-the desperate activity of women in labor disoutes. Within the last few weeks there was an exhibition at Old Forge, in the Keystone state, of what a fierce and furious thing a coal mining strike can become when women are aggressively active in it. It is one of the results of the great influx of Hungarian labor into the anthrafite valleys during the last few years. At Old Forge and elsewhere the Hungarian women were extremely active and findictive in resisting those who had taken the places of their husbands and brothers The striking miners and laborers generally kept out of the way, but their women folk were constantly upon the alert, and when the "scabs," as they called the men who went to work, were on their way to or from the mines, there was a demonstra-tion by angry, shricking and gesticulating Morning and evening the work

women. Morning and evening the working force of miners had to run this gauntlot of abuse, which was frequently accompanied by minelies of various kinds.

"I could hold my own against a man any
time," anid a veteran miner who went
through the recent strike at Old Forge to
a correspondent of the New York Herald,
"but those Hunnarian women were more but those Hungarian women were more than my match. They are garlic every morning and spat in our faces. They throw rotten eggs and red pepper at us when we came out from work in the even-ing, and we could not lift a finger against them because of their sex. "Oh, didn't I wish that one of them was a 1156.

man for five minutes one afternoon. She hit me on the rim of the hat with an egg that you could hear a mile away. The juice of the thing nearly blinded me. and then she called me a 'smab.' That was about all the English she could get off, but it was enough. I was as madas could be, but kept my hands off her. The gang of women followed us, hooting and hiesing, for nearly a mile. The men

were very patient, and the women knew It and took advantage of them." WOMAN'S PROGRESS. Elizabeth Cady Stanton Expatiates

on the Situation. "To the student of history," wrote Eliza beth Cady Stanton recently, "a law of progress is apparent, steadily running from century to century, gradually dereloping the higher possibilities of the race. The emancipation of woman from the condage of the past has culminated during the last century in the assertion of her right to an equal place on this planet. claiming the simultaneous creation of manand woman, with an equal title deed to

Can't Afford It.

Why don't you dance this dance, Bob? He-It's the ispeers; I can't afford it! -Whatever do you mean? He-Why, the last dance I went to, in the inners I had my coat tors to bits, one cuff pulled off my shirt, and lost two shirt stude

this green earth and equal dominion over

every creeping thing thereon, according to the Book of Genesis, claimed by to be the earliest record of the race. "Fifty years ago, like the daughters of Zelophehad in the extiptures, woman brought her case into court, with her own judges, advocates and witnesses, and made a popular appeal for her right to an equal interitance. The goddess of Justice, weighing the claims of man and woman, said:

The women are right: so let it be: "Open control," And save them. The women are right: so let it be. 'Open sessine!' And gave them the key to the seshools, colleges, trades and professions. In the face of leaders of church and state they pushed back boits and base, walked the wards of the hospital, entered the courts of Justice, expounded the commands of God in the pulpit, and questions of government in legislative halls. 'In vain did men protest, as they saw the power slipping from their hands; vain were their thunderbeits of demunclation. Women began to fill an equal piace, gradually taking possession of all the vanings

points in the world of thought and acts crowding into the colleges by the tho sand, pushing their way in the trades a professions, becoming the most popul orators, authors and actors, and rapid coming into competition with the most of tinguished musicians, scientists and prosphers, proving themselves the equ of man in every department where to have had equal opportunities for devel

"Men and that class of women duby "Men and that class of women dubo parasites" by Olive Sobreiter are as helless to roll back this incoming tide of its telligence as was Dame Partington beating back the Atlantic scean. It is no too late for bishops, senators, college prelidents, professors and fashionable women to set limits to the achievements and a gressions of 'Evo's daughters. The whost quourness never more backward: wo of progress never move backward; won an's pathway is conward and upward, us til full equality is accorded hor ever-where; until the canon and civil law where; until the expon and allies Bibles and constitutions shall allies with love and reverence to the

FOR STOUT AND THIN WOMEN. Mental Exercise Reduces Corpuler

-Regimen for Spare Females. A man may, and does, grow weary the most contour of a merely presty fa but he is, and will be always, pleasan attracted to the bright sparkle of face, lit up by a brilliant mind and cul vated intelligence that sparkles in a oyes and make around the mouth, as the claver owner talks or listens. Intellectus exercise is just as beneficial in reduct orpulency as is physical exercise. I the use their brains constantly and lear rarely grow too stout.

Women of belaurs inclined to embooint about interest themselves in a literature, study, anything everything that tends to improve and cultiwards the minds and give brightness and sleeting to both churacter and expression, course, the woman who is inclined to too thin must adopt a regimen the ve opposite of the one followed by her at saits. As a rule thin people are clined to be irritable, nervous ensily ried and annoyed. They take triffes heart and are frightened at nothing. they want to gain weight and good loo they should strenuously combat this t happy disposition: they must not the so much about themselves. Let them, stead, advises the New York Herald discussing the influencing of intellecaleriness on women's physique, take some interesting pursuit, which will be hem no time to worry and fret over

"It is a wise adage," continues the He aid, "that tells us to laugh and grow in There is a great deal of truth in the terse little words. Thin people ought sleep all they possibly can, and take abundance of good, rich, nourishing for such as milk, butter, cheese, eggs, a ishing meats and starchy vegetables, they should be exceful not to overtax digestion, as that uses up flesh quite

nuch as does violent exercise.
"They should avoid all exciting sti ants, such as ten and coffee, contrary they may drink malt liquisuch as beer and porter. The thin wo would better avoid such meats as or lamb and all the others known as 'y neats, for they contain numerous he formed tissues, which are assimilated w difficulty. The woman who wants to he a handsome, erect carriage, and to us well, must, by judicious and varied ax-cise, let no set of muscles fall into d

TALE OF SEVEN SHIRTS.

One Garment More or Less Dids Count With "Hubbie." was a very punctilinus little ern lady, says the Chleago Times-Her and he was a big, happy, genial South

man, with a notorious disregard for matters of dress. When he was go away frmo home for a week, his a carefully packed his vallee, and it gently, but firmly, laid down the law "Now, John, I have put six clean si In your bag, which will be one for day that you are gone. I want you t sure to put on a fresh shirt every m ing. Promise me!" John promised and sealed the promise with a kiss.
At the appointed time he returned he
and the dainty housewife began to pack his saichel, with a view to suppling the laundry bag. Then she ca downstairs with a world of perplex

and reproach in her gentle face.

"John." she commanded, "where these siv extra shirts I sent out with no Fve been through your bug, and there is one there!" He looked as pumiled as a and protested he didn't know where I now were, though he had positively lowed her instructions about putting a fresh one each day. After a while, retired upstairs, and shortly eard his wife heard a whoop of trius

ward his wife heard a whoop of irium proceeding from above.

As she approached the banisters, an e-cited face bouned over and a happy you rang out: "T've found 'em, my fear; I' found 'em! The whole seven shirts a safe! I've got 'em all on!"

Lessens Women's Labor.

A machine that is intended simply humanitarian device, and will not low wages or throw anybody out of empl ment, has recently been introduced for benefit of the acrubbing women in navy department at Washington, It is wheeled vehicle, with subper thes, when operated spreads brushes over those. It takes two or three women drive this manhing has been also been als drive this machine, but it does away we the necessity for them to get down their knees in order to accomplish

According to reports, it has been w comed as a boon by the acrubbing wome particularly us its introduction, unli-that of most machinery, does not mean reduction in the provious force of ha

Care of Room Plants. Room plants should be kept where the

will have the full benefit of aunlight, t not be exposed to frost. Air, heat moisture in due proportion and under right circumstances are essential to life and growth of plants. They she be watered only in the morning of a re-sinny day and very sparingly in fr weather, being at the same time protec from the chill outdoor air.
They should also be kept free from

cayed leaves, the earth at the top keeped occasionally, and some rich dep added. If these directions are follo the chances are largely in favor of plants remaining in a co give satisfaction to the household.

Sauce for Gander.

A law was passed recently in Norw making it obligatory for girls to show o tificates of proficiency in cooking, im ting and spinning before being permits to marry. A Philadelphia newspaper or er thinks that this statue should be at plemented by the passage of a law dering men melligible for matrinous cannot produce certificates of profici-in building fires, staying in at might