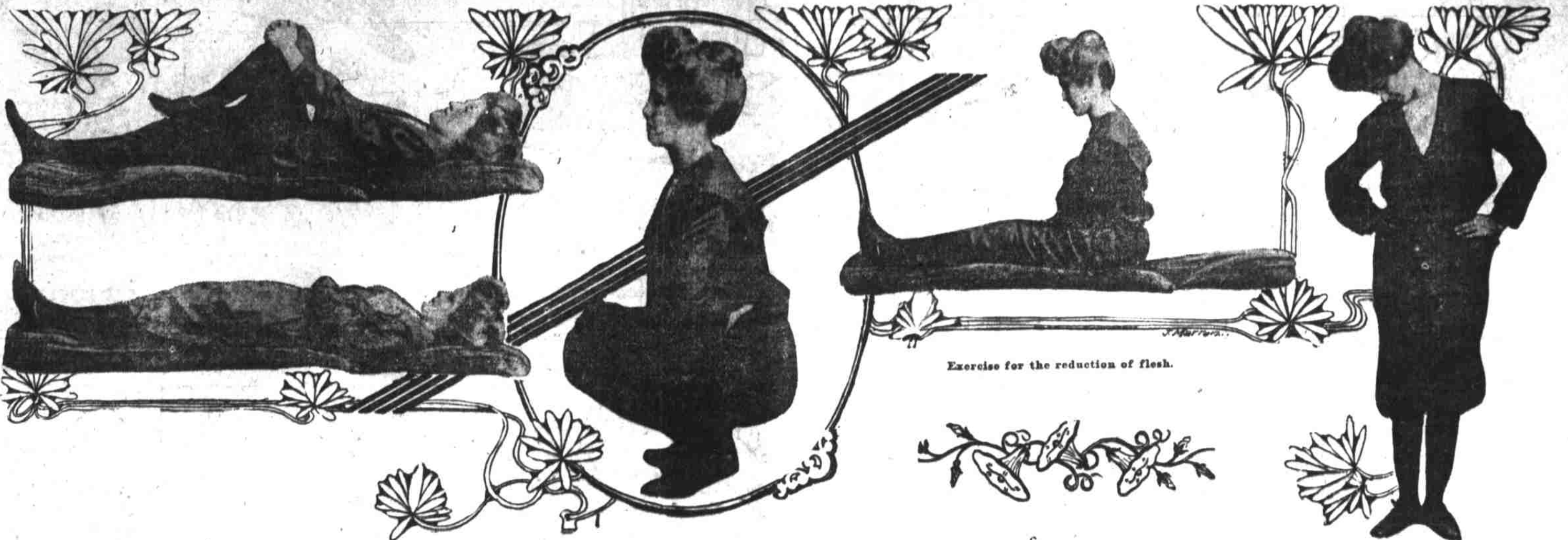


Healthful Exercises for Beauty Seeking Women.



Two exercises which make a woman graceful.

This exercise builds up every muscle in the body.

This gives strength and beauty to the neck and head.

Not one woman in ten realizes the value of physical exercise, and even the tenth, though she may appreciate the benefits to be derived from healthy exercise, does not know how to obtain it. The first law to be obeyed in physical exercise is that, once a course is decided upon, it must be faithfully followed. There must be no backsliding. No benefit will be derived from a half-hearted endeavor.

System is the password to physical health. To begin with, it is absolutely necessary to sleep in a well-ventilated room. In summer all the windows should be open, both top and bottom, thus giving a constant change of air. In winter the window should be let down from the top about six inches. To the bottom of the lower sash a string of flannel the width of the window and about two and a half inches deep may be tacked. The lower end of the flannel is tucked to the sill. The window can be raised the depth of the flannel, thus enabling a tempered current of air to pass into the room. The bed should face away from the window. In order to avoid the first rays of morning light. The bed covering should be light and warm. Those who suffer from

poor circulation and cold feet will find that by sleeping between the blankets much extra warmth will be secured. Having slept in a thoroughly healthy atmosphere, the seeker after physical perfection rises refreshed and ready for her exercises.

First comes the bath. It is not necessary to take a cold bath. The water should have the chill taken off it in order not to shock the nerves and muscles which have been relaxed for so many hours. The bathroom should be ventilated, but warm, and the bath be taken quickly. On no account should one lie in the water after the scrubbing is finished. Lying in the water is enervating. It is a good thing to let the cold water run for a few minutes before getting out of the tub and to dash the gradually cooling water over the chest and shoulders. In drying the bath towel should be taken firmly in both hands and drawn diagonally across the back, from shoulder to waist, ten or twelve times. The friction across the spine will spread a gentle glow over the entire body. When the body is thoroughly dry it is time to begin the breathing exercises. No exercise can be properly taken unless the art of breathing is

thoroughly understood. So first of all learn how to breathe.

One of the best exercises is to lie prone upon the floor. Raise your knee toward your chin and clasp it with the hands. Then draw the knee towards the chin 20 times. Another good exercise in the same position is to raise and lower the arms over the head or go through the usual gymnastic exercises while lying prone.

There is nothing better to strengthen the back and hips than to raise and lower yourself while clasping your hands about the waist.

Raising and lowering the upper part of your body while on the mat builds up every muscle of the body. It is a good way to reduce flesh and is recommended by every physician. An exercise for the throat and neck, giving grace and agility, is to turn the head while standing perfectly erect with the heels close together. In exercising don't overdo it; don't make yourself tired, and don't keep at one kind of an exercise until it gets monotonous. Remember that exercise should be relaxation, not work. When it becomes work, much of the good is lost. Keep at your exercise regularly, if it is only a few moments a day.

THE SUMMER GIRL—A Glimpse at Her From Winter's Depth.



Mountain high are the shop counters piled with wonderfully wrought fabrics which are to be made into raiment for all lovely womankind.

Every taste and inclination in the feminine world may be suited in the rolls upon rolls of lovely goods that have been brought out for selection. Coarse-threaded fabrics are mingled with those of a decidedly fine web, and clinging materials are there for the woman who wants her gown in soft, close folds.

A glimpse of these new materials will make one think that June is here. They surpass in dainty loveliness the prettiest wash fabrics of other years. There are flower-scattered batistes showing soft, creamy grounds strewn with the dearest little pink rosebuds, and others in delicate tinted violet with natural-looking violets spilled all over the sheer fabric. There are French muslins as delicate as chiffon made with the daintiest of borders showing tucks and an artistic embroidered design. And there is the long list of lustrous mercerized cottons with their captivating designs and silky sheen. Among these are the mercerized suitings, which are just the correct thing for the shirt-waist suit which will be a fashion leader this spring and summer. They come in all colors, flecked and striped and dotted. In fact, so great is the variety that they blend with the coloring of actually every individual girl.

The cotton vestings are also shown with the mercerized goods and make up into excellent shirt waists as shirt-waist suits. In the ginghams, the lawns, the cham-

brays and the linens, stripes are prominent—narrow stripes and wide stripes and stripes alternating with vines and flowers and stripes crossing dotted materials.

Crash is also a fabric to be counted on for summer wear. And the patterns shown are of the Frenchest sort, many of them made with silk embroidered borders combined with linen appliques. Crash gowns with insets of Plauen lace will also be among the fashionable summer models. Pippings will play an important part in the summer gowns. They will be introduced in the flounce of the skirt. They will give shape and distinction to the new blouse, and they will accentuate the smallness of the upper part of the sleeve, which becomes so generously full below the elbow.

Yokes are still to be worn, and yet the shoulder-cape effect and epaulettes are among the pronounced features of the summer waists. A square-shaped, feather-bone stiffened epaulette, which gives special length to the shoulder, is among the novelties. The broad flat lace collar is to be with us straight through the summer. And the particular fad of the smart girl will be to have the trim of her straw hat decorated with small lace motifs of the same design as her collar. Another new way of using a separate lace design is to have it appear to fasten the plaits of the skirt just as if it were a buckle or a strap of velvet.

Accessories of Dress.
It seems as if the accessories of fashion—such things as neckwear, beltwear, footwear—to say nothing of the thousand and one such things as bags and purses, handkerchiefs, veils and other trifles, were never so important as now. Neckwear amounts to millinery nowadays, and every gown has its stock, collar and collar, to say nothing of the box of either feathers, lace or fur. The daintiest and most essential attribute of the shirt waist of dark goods is the embroidered mail collar and cuffs with which it is lightened. These dainty lawn sets have all sorts of prices attached to them in the shops, and without exception, the cape being cheap. But the most delightful feature of feminine attire at present is the snugness, the compactness of the waist line. Women have achieved a genuine victory in this particular. All sorts of schemes have been created to effect this perfect condition of placket and belt construction, and it is now the exception when the waistband and skirtband advertise strained relations. The straight front brought about this reconciliation, and its primary effort was to elevate the skirtband at the back. After that it was a simple matter. Just now the most noticeable feature of the dress is the narrow band two inches wide at the waist in the back, and then working two eyes, one in each end of the band. The hooks on the skirtband effect the combination, and there is absolutely no getting away from each other. It's a tremendous victory when one stops to consider the opportunity which the skirt and waistband offered for improvement. Women are classified by means of this little affair, and it behooves every home woman to look to the condition of her own skirtbands. Belts are circular and narrow. They cannot cover up. They can only decorate. A taffeta ribbon with a rhinestone buckle, the ribbon drawn tightly through the buckle, is as good a belt finish as any, and with white skirts, or very light skirts, this is in very good style.—Harriet Holt, in The Pilgrim for February.

SOME NAMES FOR BIBLES.

The Gutenberg Bible is the earliest book printed from movable types, says the Washington Post. It is in the Latin language, and was printed by Gutenberg at Mentz in 1469.

The Blue Bible is so called from its rendering of Psalm xcl, verse 1: "Afraid of bugs by night." It was issued in 1581.

The Breches Bible gets its queer name from its rendering of Genesis III, verse 7: "Making themselves breeches out of fig leaves."

The Place Makers' Bible translates Matthew, x, verse 2, as follows: "Blessed are the Place Makers." It was printed in 1582.

The Treacle Bible translates Jeremiah VIII, verse 22, thus: "Is there no treacle (instead of balm) in Gilead?" It was issued in 1588.

The Roan Bible translates the same chapter and verse in Jeremiah: "Is there no roan in Gilead?" Issued in 1590.

The He and She Bibles renders Ruth III, verse 15, thus: "She went into the city." The other has it, "He went into the city."

The Thumb Bible gets its name from its size, being one inch square and half an inch thick. It was issued in 1590.

The Vineyard Bible is so named because in the twentieth chapter of Luke the parable of the vineyard is translated, "The Parable of the Vineyard."

The Printers' Bible is so called because in Psalm cix, the word "printer" was used instead of the word "prince."

The Murderers' Bible translates in Jude, chapter xvi, the word "murderers" instead of "murmurers." It was issued in 1591.

The Caxton Memorial Bible was wholly printed and bound in twelve hours, but only one hundred copies were printed. This was done in 1577.—Philadelphia Ledger.

Creating a Water Fall.
When the waters of the Niagara River were made to flow over turbines to give electric power and light to the city of Buffalo it was considered a great revolutionary feat of engineering. But at Niagara the dam and the fall were there from the beginning. The power was ready in the rough. It had only to be applied to the machinery. When, however, it was proposed to utilize the speed and force of the Hudson River and to turn them into the power that lights towns, runs street railways and drives factories, the problem was a different one. The river was there, but the fall had to be created.

SATIN DINNER FROCK.



Dinner gown of pink satin, with a clinging skirt applied in renaisance lace, pointed girde of lace, with touches of black velvet at the waist. Short sleeves, with lace ruffles and a full satin ruffle. Bodice filled in with white folds of chiffon, with a cluster of pink rosebuds.

From Morse to Marconi.

How swift the transition from the old to the new, in these marvelous first years of the new century. Yesterday a man named Morse sent a message from Washington to Baltimore over an insulated land wire. It was too extraordinary for ready belief. Then the ocean, cable—Field's achievement—wonder of wonders!—man sending messages under the deeps in the flash of an eye. A great shock to unbelievers! Easier now to credit any story, however unusual. Hence the comparative calmness with which the world has accepted this last and most marvelous of inventions—Marconi's wireless telegraph. Yet, what is there in the Arabian Nights Tales that can compare with it? It is telepathy systematized. It is the "coming true" of a dream. Through the thousands of miles that separate his stations on Wellfleet, Cape Cod, and Poldhu, Wales, Marconi personally transmitted and received messages exchanged by the chief executives of America and Great Britain. This was what the President sent: "His Majesty, Edward VII, London Eng."

"In taking advantage of the wonderful triumph of scientific research and ingenuity which has been achieved in perfecting a system of wireless telegraphy, I extend on behalf of the American people most cordial greetings and good wishes to you and to all the people of the British Empire. THEODORE ROOSEVELT."

Washington, January 13, 1903.
And this was King Edward's reply: "The President, White House Washington, America."

"I thank you most sincerely for the kind message which I have just received from you through Marconi's transatlantic wire."

AN IMPORTANT LABOR DECISION.

The decision of the Taff Vale case, in England, is of great importance, not only to trades unions, but to employers of labor, and to communities affected, or likely to be affected, by strikes and lockouts. The union in this case undertook to intimidate the non-union employees of the Taff Vale Railway Company who worked for the road contrary to strike orders. The union sent circulars to the men in which they were informed that such action made them "blacklegs," a word equivalent to the word "scabs," applied to non-union workers in this country. It was held that the use of this word in a union circular was terrorizing. The judge who presided at the trial gave the jury his own opinion of the evidence, announcing that it must not be taken as authoritative, but the jury agreed with him. They found that the three defendants, officers of the union, conspired together to molest and injure the plaintiffs; that they unlawfully persuaded men to break their contracts; and that they authorized and assisted in carrying out the strike by unlawful means. The most interesting feature of this decision is that the officers of a voluntary society were held responsible for the consequences of the illegal acts committed under the society's orders. A like interpretation of the law by the State of Pennsylvania would make Mr. John Mitchell and the other officers of the United Mine Workers responsible for the acts of violence committed by the strikers against non-union men. The English union was not incorporated, and it is because unions both in this country and in England have desired to avoid responsibility to the law that they have objected to incorporation. But now an English court has held an unincorporated union liable for interfering with the rights of non-union men, and has declared that the injured employers, as well as the persecuted non-union men, may recover damages. Perhaps, in view of this, the unions will seek the advantages of incorporation, and secure the right to sue collectively now that their officers may be mulcted in damages. At any rate, the law which holds to their responsibility the officers of combinations having the welfare and comforts of the community at their mercy will be justified in the eyes of reasonable men.—Harper's Weekly.

The Midwinter Millinery.

The distinctive shane this season is the turban; it is of beaver, velvet or fur, and trimmed with rosette, egrette or ostrich plume. Kid, dyed in pale colors is a novelty in hat materials and astrakhan tulle deserves to be reckoned among the season's productions; the latter is an admirable substitute for Persian lamb, having the advantage of lightness in weight. Fur hats have a charm and elegance all their own, and Siberian squirrel is a prominent feature of the season's modes. Light hats are worn with dark gowns and black hats are extremely modish with light tan or gray. There is invariably some trimming that droops over the hair. Fruits and flowers retain their popularity as trimmings, and of the latter violets are especially favored. Acorns and grapes are also popular decorations.—From The Delineator for February.

GOWN FOR AFTERNOON TEA.



The design is here shown in chambray, the entire gown being piped. The lower portion of the skirt is left without the piping, but is adorned with tucks, this tucked portion raising at a considerable angle.