



### The Sun Room

THE sun room is now an accepted feature of the modern home and its manifold advantages are conceded by all who enjoy its possession.

It is best to have it on the south side of the house with the ends east and west.

As the front porch has come to be used throughout the summer for a general sitting-room, tearoom and reception hall, so in winter the sunroom has been found to be the pleasant gathering place for the whole family.

In this climate, fortunately, we have little reason to house ourselves closely during the winter months, and we perhaps fear the need of such a room less than do our eastern friends who are dependent on furnace heat for many months of the year.

With a freedom from artificial heat we have also more abundant opportunities than there for outdoor exercises and sports; yet we too have our winter days, and many times it is impossible to leave home for such diversions. It is then that the sunroom comes into its own.

The sunroom is not so much a clever imitation of some genius as the result of the growth of sane ideas and adherence to physiological laws which have been the chief characteristics of the past two decades in home making.

Every woman in these busy days needs the occasional letting down—the abandon that tired nerves and brain crave; the freedom from the jar of domestic inaccuracies and from the stress of duties to be performed. Here she finds that freedom. In the permeating warmth of the abundant life-giving sun-rays, the wrinkles smooth themselves away, the tired brain wins refreshment and tense nerves relax.

In the construction of the sunroom the principle desideratum is that there be as little obstruction to the sun's rays as possible. Hence—hinged windows are to be preferred to those that slide, as they require less frame work. The roof may be of glass, too, as a conservatory is constructed, and by so qualifying the light and heat is possible to make the most of what winter sunshine comes our way.

One mistake the purpose of a sunroom entirely who would allow a steam pipe or hot air register to enter it. It is not necessary to abjure the faith of our fathers and join the ancient cult

of sun worshippers to gain a proper appreciation of the value of direct sunlight. What kills germs and renders the human body unfavorable soil for their implanting and culture like sunlight? It is the best medicine in the world. Its twin conductor, fresh air, should as readily enter the sunroom. Having the hinged windows freely referred to, the occupant of the room may open them at will and surround herself with all the freshness and sweetness of outdoors. For invalids and convalescents the sunroom has been an accepted part of hospital equipment for many years, although the idea has somewhat recently been adapted to domestic architecture.

Aged people enjoy the privilege of the wider horizon given in this way, and little children, particularly those who are somewhat frail and cannot romp about as do those of a hardier constitution, are able to enjoy much more freedom and have more abundant opportunity for gaining strength.

The furnishings should be of the simplest and of absolute character from care is essential to the best results. What housewife has not felt with Thoreau, who had as the sole ornament of his cabin at Walden lake two pieces of limestone. He said they were very pretty, but so costly that they required dusting, so he threw them away.

A sun parlor that was built in Portland some 13 years ago has proved of great value and pleasure to its owner. It occupies the space over the front porch; space usually overlooked or devoted to the useless upper balcony, which is rarely occupied by any member of the family. Instead of flooring with tile, which breaks when walked upon, canvas was laid and painted a restful brown; rugs laid over this give sufficient warmth. A simple wicker lounge with soft pillows, some easy chairs and a small table are the only furniture. Here is an ideal spot for letter writing, for reading and for sheer idleness. Here the little grandmother who could not take much outdoor exercise was able to sit contentedly and watch the doings of the outside world.

Altogether the sun parlor is a happy means of making the most of the brightness of life, and it is so easy of accomplishment that the prospective homebuilder should not fail to avail herself of it.



Picture at the left shows an Evening Mantle, by Redfern, worn by Mademoiselle Fonteyne of the Theatre du Gymnase; long pearl gray cloak in mousseline velvet, trimmed with a wide band of chinchilla round the hem. Bolero of chinchilla and gold lace. At the right is a Ball Gown, by Tempier Rondeau, in "ninin" rose gauze embroidered in chenille steel and gold spangles. Corsage and skirt in rose liberty velvet. A draped girle of the same velvet. Loose sleeves in Point d'Alencon lace.

### Fashion Paragraphs From New York

THIS is a season of fashionable patches, and there is no reason why you should hesitate to buy a scant dress pattern if an especially alluring bargain comes along. Match up the color in another fabric or a contrasting tone would be equally good. If your dressmaker is clever she will turn out a creation that looks as if it had been built that way to carry out the design. The skirt of such a frock only require a touch of the material to be modish. A cap-like upper portion perhaps still lengthwise over a simulated under sleeve of lace or even a cuff band or buttons will save the day when there is a dearth of material. A charming little frock can be made with a short length of black and white striped silk helped out with black or white chiffon, and is fortunate enough to wrap this costume wear white kid topped black patent leather boots and cover her arms with long, well-wrinkled white gloves, held in place with finely cut black jet bracelets, and don a feather-covered black picture hat, a charming toilet will be the result.

Unquestionable good taste and clever judgment are more necessary in purchasing a ready-made gown or wrap than the choosing of an expensive model that is to be copied to order. Certainly remarkable bargains are to be found among this year's ready-to-wear wraps, and if one is fortunate enough to find a design that is not too fustily trimmed a considerable sum can be saved, while the wrap will answer all requirements nicely.

It is true that the great majority of evening wraps seen this year are all elaborate to a degree, being handsome in texture and trimming alike, but it is also a fact that there are many simply smart, in attempting to economize the simpler the style the better, for quantities of poor cheap lace and embroidery help to turn out a very ugly garment. Cut is really more important than anything else, and the next consideration should be the color and quality of the material.

White cloth evening coats might be said to be as popular as ever. It has been announced that a white cloth wrap must be most elaborate to be at all fashionable, and in view of this mandate it is astonishing how many simple made white cloth wraps are to be seen with full loose back, with the half-fitted effect, or in the favorite design. The chic coat seems about equally popular. It is a trifle longer than last year, and the sleeves are somewhat fuller, and there are more full length sleeves than formerly, but all the same any one of last winter's white cloth wraps could serve perfectly well just now. Large collar, wide revers and full flaring cuffs of white fur give an attractive finish to the evening wrap, and really when one considers how constantly furs are worn during the daytime it is to be wondered at that any woman dares venture out without a full fur collar on her evening cloak.

A handsome and original hat seen at a recent wedding was a large broad-brimmed gray affair, topped a gray velvet costume. The crown was swathed with gray velvet folds, and at each side near the front was a large dandelion or two with yellow centers. At the back, also at the sides, were pure yellow dandelions. These flowers were very lifelike and were so arranged as to give a square effect to the soft velvet crown. From under the rim at the back, which extended far out, wide, full ostrich tips, changing from pale gray to soft yellow, were

fastened. The bases of the tips were fastened to the brim or the bandeau, so that the tips followed the brim two thirds of its depth and then drooped over the back hair. Present fashion demands a figure for their effect at least is not hard to attain if one only studies ways and means a bit. For one thing, the underwear must receive the most careful attention, and the close-fitting union suit should be worn, as it reduces the bulk of the undergarments while giving the greatest possible comfort. Over this skin-fitting underwear is worn the well-modeled corset, and over this the up-to-date woman adjusts a new garment that is designed to meet the requirements of the fashionable figure. It is really a corset cover, bust supporter, pantalon and under petticoat, all in one piece. The body portion of this most attractive garment is an accurately fitted brassiere of fine batiste trimmed as daintily as one may wish and boned with thin whalebones. A series of curiously shaped darts fit this garment to the rounded, feminine bust line and make it an easy, comfortable and graceful support.

The finest white lingerie and cobweb waists have been worn all through the winter with any alyle of cloth suit or separate skirt and by a number of women this style of bodice will not be laid aside throughout the winter, but will be worn over a thin silk or lawn slip. It is a question whether or not it is economical to wear these white waists so commonly. The principle is of course that instead of having to be cleaned the bodice can be laundered each week, but then, only the finer waists are permissible and these wear out quickly under constant washing and worn continually beneath a wet coat. The silk waists do not seem to sell so readily, and are little, if any, more expensive than those of so-called wash materials.

A chiffon or chiffon cloth waist of the costume, strapped with bands of the cloth, makes the most attractive gown, barring, of course, the regular system of deep breathing, and mental and spiritual therapies.

There is something shocking to me in the thought of sick ministers of the gospel. No man is fitted to handle the bulk of the undergarments while giving the greatest possible comfort. Over this skin-fitting underwear is worn the well-modeled corset, and over this the up-to-date woman adjusts a new garment that is designed to meet the requirements of the fashionable figure. It is really a corset cover, bust supporter, pantalon and under petticoat, all in one piece.

The religion which the world demands today is the religion of love, happiness, health and usefulness.

Revengeful and angry thoughts create a poisonous effect in the blood. Loving thoughts and happiness are immediately reproduced in a renewed youth and beauty in the face.

Plain and invalid women have been known to grow beautiful and strong with sudden happiness.

There are wonderful stories told of people supposed to be hopelessly ill in San Francisco at the time of the calamity, but who rose from their beds, strong enough to minister unto others, when roused from these thoughts of invalidism by sympathy and compassion for the real sufferers.

No man or woman whose mind is filled with the true sense of omnipotence and the need of waking humanity to the right understanding of life and its lower abdominal sections well back, and slowly fill the upper and rib portions of the body with deep inhalations. Hold several seconds and slowly exhale.

After practicing this exercise every day for 10 minutes, morning and night, you will find a marked improvement in your general health.

Put away worry about the right kind of food. Reduce the quantity consumed and increase the time of consuming it. Expect your food to agree with you. After a time it will come under the law of suggestion, and will agree with you. Take a little mental exercise for each day.

Monday morning say to yourself, "Today we begin a wonderful new work. We start on the path of better health and wider usefulness."

Tuesday—One step nearer absolute knowledge of how to live. Today I shall learn some vital truth.

Wednesday—A lucky day, and I shall make it lucky for myself and others.

Thursday—A clear space for last travel over the road of knowledge. Am closer to the source of health and wisdom than ever before.

Friday—Nothing but good can be expected.

The Judge's Automobile Experience. From the Yorks Stateman. "Ever try an automobile, judge?" said a friend.

"No," replied the judge, "but I've tried a lot of people who have."

### Aunt Rebekah's Letters

MY Dear Nephews and Nieces— They tell me your mother is in a bad way. She has to be sent to a sanitarium. This is very sad, but really I am not much surprised.

To push a bureau drawer all the way in place, to put a burned match in the waste-receiver; to put away pieces of paper and string after opening a parcel; these are little things and yet— someone must do them if you would have your home neat and orderly.

You love your mother this goes without saying. Then why do you torment the life out of her and prevent her being the ideal house-mother she longs to be and perhaps something besides? You are richest at the thought. Naturally, but this is what you are doing when you neglect to comply with her wishes in little things—to finish things—and leave a lot of loose ends flying for her to gather up and stand on to in order to prevent the whole home fabric from going to rags.

Children are as by no means the only ones who make work in a house. Many grown-ups are the biggest kind of nuisances.

What would you think of your dear mother if she expected her sons and daughters to trot about the house after her picking up her hats, wraps, gloves and what-not, that she had thrown upon the first article of furniture in sight as she removed them? Might she not go just a few steps farther and put these in place? If you happen to have no housemaid and mother washes the breakfast dishes do you all fight for the privilege of going after her to clean out the sink, wash out the silver, towel the rug, but for a severe faller suit for the household whose female head how many sons would take a real delight in emptying her ash-trays, sweeping up ashes that she had carelessly thrown upon the floor about her chair, putting things in place when she was through?

Now, if mother loves order, by all means encourage her. You have good cause to be truly thankful, for who is not a victim in an epidemic of disorder? If she prefers soiled clothes put neatly into the hamper instead of thrown at it, why not indulge her? If she dislikes threads thrown upon the floor, why not lay your hands to catch them, while you sew? And when you are through gather them up and put them into the waste-

receiver. If she prefers newspapers thrown upon the library table instead of on the floor, is it any trouble to humor her?

Mothers have rights; some insist upon them and they are respected, while others—mother's—penalty; mother's penitence; mother's pen and ink; what are they? But back in place ready for use by the members of the family who borrow them? More likely left anywhere and later stuck out of sight by some one; then when the owner wants them in a hurry there is a great hunt, and perhaps a "fuss." Some member of the family is sure to think, "The idea of making a fuss over such a little thing!" but can't you see? That fuss, the worry are not simply over a pen and paper drawer, but over the collection; the constant recurrence of oversight; the neglect of each member of the family to finish up, such as no business man would stand from an employe in his office for a single day. And the finishing up is left? To mother.

You don't mean to be unkind. You do actually love mother dearly and would do anything in the world for her—anything? Then give her the many minutes, often hours, she spends daily in finishing up after you. Time that rightfully belongs to her in which she does what she likes to do. You could tell she had been doing anything in this time that had been hers, but just let her take it and see where the home would be!

An invalid, happily passes my window who's monomania is to rid the world of burned matches. In some way burned matches have gotten on this poor woman's nerves and she spends her time wandering from door to door of the sidewalk "clearing up." Now, no doubt, she has had troubles enough in her day, troubles that perhaps she has borne bravely, but, burned matches thrown about in addition were too much for her.

You might prevent a great deal of "fussing" by finishing up your little personal affairs. Matters small enough in themselves and not worth "fussing" about, then why "fuss"? Just do them and save some one else the trouble. It is one thing for a housekeeper to do her morning cleaning and straightening; quite another to have her pick up all the family picking up all sorts of things left about by those gone before. Your affectionate AUNT REBEKAH.

### Invalid Clergymen

By Ella Wheeler Wilcox. I HAVE received letters from two sick clergymen during the last few weeks. Both are in search of health, and I have been happy to suggest methods for them to pursue.

To one I recommended the milk cure. To the other, who lived in the south, a regular system of deep breathing, and mental and spiritual therapies.

There is something shocking to me in the thought of sick ministers of the gospel. No man is fitted to handle the bulk of the undergarments while giving the greatest possible comfort. Over this skin-fitting underwear is worn the well-modeled corset, and over this the up-to-date woman adjusts a new garment that is designed to meet the requirements of the fashionable figure.

The religion which the world demands today is the religion of love, happiness, health and usefulness.

Revengeful and angry thoughts create a poisonous effect in the blood. Loving thoughts and happiness are immediately reproduced in a renewed youth and beauty in the face.

Plain and invalid women have been known to grow beautiful and strong with sudden happiness.

There are wonderful stories told of people supposed to be hopelessly ill in San Francisco at the time of the calamity, but who rose from their beds, strong enough to minister unto others, when roused from these thoughts of invalidism by sympathy and compassion for the real sufferers.

No man or woman whose mind is filled with the true sense of omnipotence and the need of waking humanity to the right understanding of life and its lower abdominal sections well back, and slowly fill the upper and rib portions of the body with deep inhalations. Hold several seconds and slowly exhale.

After practicing this exercise every day for 10 minutes, morning and night, you will find a marked improvement in your general health.

Put away worry about the right kind of food. Reduce the quantity consumed and increase the time of consuming it. Expect your food to agree with you. After a time it will come under the law of suggestion, and will agree with you. Take a little mental exercise for each day.

Monday morning say to yourself, "Today we begin a wonderful new work. We start on the path of better health and wider usefulness."

Tuesday—One step nearer absolute knowledge of how to live. Today I shall learn some vital truth.

Wednesday—A lucky day, and I shall make it lucky for myself and others.

Thursday—A clear space for last travel over the road of knowledge. Am closer to the source of health and wisdom than ever before.

Friday—Nothing but good can be expected.

proach my body, mind or heart today, I am master of my character, and character is destiny. I shall exceed in wisdom, and I shall not only undertake good.

Saturday—It is necessary to concentrate wholly upon health, wisdom, usefulness and success today, as time is flying.

Sunday—All this blessed day no thought of sickness or failure can approach me. I will think of myself as I am in reality, perfect even as my Father in heaven is perfect. I am health, love, usefulness, happiness.

I believe my ailing correspondents will soon be worthy of preaching a helpful religion to hungry souls if they will follow these rules for three months without neglecting them.

There's Always Work. From the Philadelphia Telegraph. Have you anything to be thankful for? If you haven't, are you sure it is not your fault?

Have you missed nothing this year which with greater wisdom and patience you might have had? Perhaps you ought to be thankful for the very things you have missed.

It may be the best thing in the world for you that you did not get all you wanted.

But there's life left, and hope, and the best of friends, and friends, and the chance to be useful.

Best of all, there's work, which, if we only know it, is one of the biggest things in life to give thanks for.

The pass is past, or has passed. A Bold Step. To overcome the well-grounded and reasonable objections of the more intelligent to the use of secret, medicinal compounds, Dr. R. V. Pierce, of Buffalo, N. Y., some time ago, decided to make a bold departure from the usual course pursued by the makers of put-up medicines for do-

ing and curing the same. From this little book it will be learned that Dr. Pierce's medicine contains no alcohol, narcotics, silver salts or other poisonous or injurious agents and that they are made from natural medicinal roots of great value. Also that the most valuable ingredients contained in Dr. Pierce's Favorite Prescription for weak, nervous, overworked, "run-down," nervous and debilitated women, were analyzed, four years ago, by the Indians for similar ailments affecting their women. In fact one of the most valuable medicinal plants entering into the composition of Dr. Pierce's Favorite Prescription was known to the Indians as "Sassa-Parilla." Our knowledge of the use of it is a few of our most valuable medicinal plants.

As made up by improved and scientific processes, Dr. Pierce's Favorite Prescription is a most valuable medicinal compound, and is a most valuable medicinal compound, and is a most valuable medicinal compound.

As made up by improved and scientific processes, Dr. Pierce's Favorite Prescription is a most valuable medicinal compound, and is a most valuable medicinal compound, and is a most valuable medicinal compound.

As made up by improved and scientific processes, Dr. Pierce's Favorite Prescription is a most valuable medicinal compound, and is a most valuable medicinal compound, and is a most valuable medicinal compound.

As made up by improved and scientific processes, Dr. Pierce's Favorite Prescription is a most valuable medicinal compound, and is a most valuable medicinal compound, and is a most valuable medicinal compound.

### Will Practice Medicine

THE Hon. Mrs. Percy Sygne, who has arrived here in America en route for the far west of Canada, to take up medical practice there as a physician and surgeon, is a sister of the late Lord Abinger, and is half an American, her mother, widow of the third Lord Abinger, having been a daughter of Commodore George A. Myrander of the United States Navy. She has had a remarkable career. Under rather than above the middle height, with dark brown hair, small features and olive brown eyes, she studied medicine in Edinburgh, Paris and London, obtaining Belgian, Scotch and English degrees, and then spent some time in practice in the zenanas of India.

Subsequently she accepted the position of physician to the ladies of the seraglio of the emperor of Corea. She spent two years at his court, her existence being not devoid of adventure, and even of danger, since it has been the custom there for the physician to slay the patient when anything untoward happens to the imperial patients. While in Corea she rendered invaluable services to the natural history museum in London, for she is a magnificent collector of brought down such big game, including some of those gigantic snow tigers that infest Corea and Manchuria, and inasmuch as she had taken the trouble to learn the art of preserving furred and feathered game before she went out to the far east, her trophies are well preserved and reached England in splendid condition.

When the war broke out in South Africa she threw up her appointment in Corea and made her way to the scene of conflict, where she rendered herself extremely useful, first in nursing the wounded and in the British military hospitals, and subsequently in assuming medical charge of the Boer women and children in the concentration camps. She was knighted for her services in South Africa, a young fellow of the name of Percy Sygne, who, while highly connected and good looking, had no money and no capacity for earning any. As she found it exceedingly difficult to build up a remunerative medical practice on her return to England after the war she has left her husband to live with his mother until she can make enough money by means of her pension out in the far west of Canada to admit of his joining her there. She started with little cash and deserves every kind of commendation for her success and grit as the breadwinner of the family.

Call Morris' words: "Have nothing in your homes that you do not know to be useful or believe to be beautiful." Also those from Henderson: "One must surround one's self with wholesomeness and beauty. This parallelism of consciousness and nature makes this insistence upon convenience of arrangement and respect for form and color more than a matter of taste. It makes it a matter of moral obligation."

Cheese Recipes. To Keep Cheese Moist.—It is rather difficult to keep cheese from becoming too dry unless the household is in possession of a bell glass to keep it under. A lined cloth or a bit of common cheese-cloth dipped in white wine and wrapped about the cheese will not only keep it nicely moist, but will improve the flavor.

Boiled Chestnuts and "Stove" Cheese.—This is a tasty combination to spread on toasted crackers at a buffet supper. Boil in salted water until tender a pound of chestnuts; when cool chop them up with an equal portion of stove cheese, a pinch of mustard, salt and paprika, also a little butter and a half wineglassful of claret. Serve on hot toasted crackers.

Cottage Cheese.—This is an old-fashioned recipe for cottage cheese. Set a gallon or more of clabbered milk in the oven after cooking a meal, being sure to leave the door open. Turn the cheese around frequently and cut the curd into squares with a knife, stirring gently now and then if it is made as the finger will bear and the whey is in evidence all around the curd. Pour all this into a coarse bag and hang it to drain in a cool place for four hours, or over night if it is made in the evening. When wanted, turn out of the bag, chop rather coarse with a knife and season and dress with salt, pepper and sweet cream. Some cooks dress the cheese with sugar, cream and a little nutmeg, and still others chop it very fine, add salt, work in a very little cream or butter, and mold into small balls.

Moments of History. From Life. Ulysses looked upon the scene with considerable amusement, at the same time ordering the man at the prow not to hurry.

"There was a time," he observed significantly, "when your antics would have amused me. But—musical comedy is not what it used to be."

Progress in Missouri. From the Kansas City Star. Six months ago Missouri had only nine counties without saloons. Now there are 19 that are arid.