

Feminine Law

Fashions in New York

It is really necessary to have at least two coats and skirt costumes for the spring, and, besides these, a handsome afternoon gown of silk or embroidered pongee or voile and a smart short walking dress of foulard or taffeta in the wardrobe for the coming season. These things, with their hats, should be all ready by the first of April, for the real secret of dressing well is in having the appropriate costume at the desired time, and it is always trying to be overtaken by the weather, to speak before one's outfit is complete.

Again, there is a distinct line drawn between short and long suits and each style must be worn at certain times. Walking and traveling costumes are always smartly made to clear the ground. Reception gowns are not permissible in walking length. This year all afternoon robes and those for luncheons, bridge, weddings, etc., have long skirts. It is always said that spring reception garments are to be on the most elaborate order, but a simple style of dress will be found just as smart. One infinitely more serviceable. Chiffons, crepe, etc., make most attractive frocks, but are unnecessarily dressy for those receiving at a large reception or for the hostess herself at some more or less formal entertainment.

Striped and figured silks are in great favor at present, and, as they have not been worn to a great extent of late years, they look new and will remain in fashion now for some time. Light colors are more attractive for spring than the more somber tones, which have been worn in winter. To make out months. It is well known that the cause of the popularity of the spring wedding is due to the bright effect given by the effective light frocks that help to give everything a festive air.

There are few if any plain voiles fashionable at present, all being striped, checked, figured or embroidered, sometimes all on the one color, and, again in two or more distinct colors. One of the fads of the moment is to border all skirts of a light material with a wide band of taffeta silk or satin, and the majority of voiles are finished in the way with some trimming of the silk upon the waist as well. This makes an excellent finish, as the heavier material gives some body to the skirt and protects the light cloth.

Trimmed skirts are in vogue, but on the new models the principal ornamentation is put on about the hem. As all these dress skirts must be quite long there is none of the belted effect, so much in favor and so becoming about two or three years back. There is little or no fluff allowed about the waist

and hips, for both the princess and empire designs are still popular, and neither allows of any fullness above the knees.

A material which is being smiled upon by the dress authorities is the white new silk "linen canvas." This material is remarkable for the soft silvery shimmer on its surface, almost like the scales of a fish, but it is too costly to outlive the ordinary linen, and except for those who can afford to snap their fingers at expense it will be used chiefly for blouses. As a rule these blouses will be trimmed with thick Irish crochet.

There are several new designs in veils that are attractive. The chemise device and nature hair large veils are in the French velling is extremely fashionable, and the clear mesh makes it generally becoming. A novelty in heavier veiling is the yard and an eighth square of chiffon cloth, with large round velvet dots a shade darker in color. There is a wide hem finished with hemstitching. The smartest colors are gray and pale tan, and the veil is put on over the entire head with folds drawn back and fastened at the back of the head with one of those new fancy veil pins that are so popular.

The wraps of the coming season are putting in appearance and are interestingly calculated to make the average traveling and automobile coats of silk or tweed to the elaborate confections in lace or silk which will add beauty to elegant frolics. It is evident that the fanciful wraps of the last mentioned class are to be more popular and more extravagantly handsome than ever, and the advance models shown by exclusive houses are in many cases priced at figures estimated to make the average woman gasp. The lace coats of the finest grade are perhaps the most costly of their kind, though hand-embroidered brings some of the silk and lace trimmed coats to the level of the lace models in point of price.

Fanciful little coats of black or colored chiffon taffeta almost covered by self-toned braiding in finest outcuds and lace trimmings, with a wide band of black taffeta ribbon on each side of the front at the throat are useful and there are charming coats in broadcloth, white or colored. One of these last was in hydrangea blue broadcloth outlined and embroidered and fell in loose short palmetto lines. An odd little flit hood was lined with silk of the same blue and finished by a huge black chinamen, white black satin scarfs, starting from the shoulders and falling in cold tongue are put into it and left until they have become thoroughly heated, when meat and sauce are served together.

Cookery in Spain

Paella.—The Spanish olio, that famous stew-like composition that is known the world over as olla podrida, is a most savory mixture of rabbit, oysters, vegetables and herbs. When cooked, it is a masterpiece. To make it, take three pounds of rabbit, clean and cut in small pieces. Add a pound of oysters, a pound of ham, the giblets of a fowl and one or two pigs' feet, according to size. These are cut into reasonably small pieces, after which a third of a pint of chick peas, or garbanos, are added, and the mixture is left where it can simmer steadily for fully two hours. Half a cabbage, chopped; a head of lettuce, torn to pieces; a large carrot, cut into slices; a slice of pumpkin, from which the seeds have been removed; a clove of garlic, attached to a string, that it may be easily removed when the dish is served; a bunch of kitchen herbs are then added. After another hour's cooking, six or eight small savory sausages are added and when these too have become tender, the garlic is cast aside, and the paella is ready to be served. The meat and vegetables on a platter, while the soup, thickened at the last moment, accompanies them.

Langos Guitada.—A popular dish both in Spain and Portugal. To make it, take two large onions, two cloves of garlic, a quarter of a teaspoonful of capers and several sprigs of parsley and roast them until the onions are tender. They are then chopped and stirred together in two tablespoonfuls of olive oil, to which half a cupful of wa-

USED ROUND THE WORLD

Baker's Cocoa and Chocolate



47 Highest Awards in Europe and America

ABSOLUTELY PURE

Made by a scientific blending of the best Cocoa beans grown in the tropics—the result of 126 years of successful endeavor.

A new and handsomely illustrated Recipe Book sent free

WALTER BAKER & CO., Ltd.
Established 1780 DORCHESTER, MASS.



Misses' costume of plain blue and blue and white checked goods. The collar and small points between the strappings are of dark blue velvet and the buttons are bright gilt.



Neglige of figured dimity trimmed with beading and ribbon. The cut is similar to that of a five-gored skirt with a wide front breadth gathered to a plain round yoke, the outline of which is partly concealed by the beading and ribbon. The back is trimmed like the front except for the lace ruffles.

Famous Women of World

By Madame De Staël.

ONE of the most famous women of France, one who helped to make history, who lived through its stormiest scenes and who was greatly beloved for her fine qualities of mind and heart, was Madame De Staël.

She was first as a prematurely old little girl whose brilliancy charmed her mother's friends.

For her mother, Madame Necker, she had a deep respect but to her father she opened her heart and was only in his presence that she showed what an ardent, impulsive and thoroughly lovable nature she had.

He was a busy man, this minister of finance of France, and in his home gathered the most notable men of France. Monsieur Necker published a book which was construed to express opinions inimical to the royalist party, and he was banished from Paris. He took up his residence at Saint Omer, where as at Paris the notables of the day gathered and where Germaine, the daughter, displayed the brilliant talents which she possessed as a conversationalist; her grasp of political matters also surprised them. She married the Baron De Staël, not because she loved him, greatly, but because she wished to have a permanent residence in France and to be always near her father.

Her father was recalled to power and as the daughter of a minister and the wife of an ambassador Madame De Staël now openly held court at her home and was the arbiter of all opinions, not there where she had her incomparable wit, charm and intellectuality reigned as a queen. She wrote brilliantly and she was much more than a writer; she was a woman of letters, an author, an historian and a philosopher.

As the revolution drew near, and the reign of terror paralyzed all hearts, royalists and constitutionalists were fleeing for their lives. Madame De Staël remained at Paris, courageous, watchful and alert. In the character of an ambassador she felt security. Her protection of her friend and co-laborer, Narbonne, is significant of her temperamental independence.

Narbonne was among the proscribed, and she sought him all over the bloody city, found him hiding, and brought him to her home where she concealed him. Whichever name it is called, she was ready for them. Demanding of them under what authority they invaded the house of an ambassador, and carefully forgetting to mention that her husband had been recalled to office, she ordered Sweden (her husband's country) would raise the siege.

To develop the muscles of the legs no exercise is cheaper than outdoor walking, especially over a hilly country. If this is impracticable, there are various indoor movements which will bring the same muscles into play.

Relax the body above the knees and throw the weight upon the heels. Raise the toes as far as possible and reverse the weight upon the feet. Thus will be imitated the rocking motion in walking.

Rest the weight on the right foot, raising the left leg until the knee is parallel with the waistline; alternate with left foot and right leg. Repeat until slightly tired.

Rules for Indoor Exercise

ONE who has made a careful study of different systems of physical culture has formulated this set of rules for easy and stimulating exercises:

As has been so often urged, the value of any system is in keeping it up. We are, as a rule, too lazy. We exercise for a few days then one morning we drop it to do something else, and after that how hard it is to take it up again with energy and interest. I am inclined to think that we gain no loss from the little that we do from making ourselves take it. Both, however, are good, and perhaps if we force our bodies to new life we shall find mental victories easier.

The best time for indoor exercising is immediately upon arising in the morning, unless one is troubled with insomnia, when it should be taken before retiring. A warm sponge bath is good afterward, and a brisk rubbing is advisable. Have the windows open wide while exercising and inhale deeply of the pure outdoor air.

For the waist and abdominal muscles place hands over hips, thumbs back, and body at waistline, not below it, as far as possible backward; inhale as body is brought to erect position and exhale as body is bent as far as possible forward. Repeat five times.

Bend body to the right as far as possible; inhale as it is brought erect and exhale as it is bent as far as possible to the left. Repeat five times.

Bend body forward as far as possible at the waistline, rotating toward the right. Repeat five times.

To develop the arms, close hands tightly and throw the arms vigorously out and back to shoulder, up and back, and down and back. Repeat five times.

Either a more vigorous exercise, especially to strengthen the abdominal muscles, consists of lying flat upon the floor, with arms at side, but slightly raised; fingers, arms and legs rigid, with feet together. Raise the legs slowly until the feet are above the waistline, returning them slowly to original position, but not touching the floor. Inhale during upward movement of legs; exhale during downward. Repeat until slightly tired.

Before the Dressmaker Comes

NOW is the time for the replenishing of the wardrobe and for making the dainty frocks and shirtwaists for another summer.

A little careful preparation for the seamstress or dressmaker who comes to the house will save a deal of time and patience.

For the very first thing, give the sewing machine a thorough cleaning and oiling. That faithful friend gets far too little attention anyhow. If it has not been run for some time, pour benzine liberally over all the oiling points first—this is to cut the grease and dust. Some hours later wipe this well off with a cloth and then scantly. With the shuttle removed run the machine briskly for a few moments, to get the oil thoroughly into all the bearings, and then wipe off all that has oozed out. Now see that there are bobbin and needles enough. Keep a full stock of machine needles, well assorted, on hand. Have both sewing and basting cottons in plenty, tracing wheel, tailor's chalk, tape measure, thumbtacks, scissors well sharpened, a piece of wax, seam binding, featherbone for collars, belt tapes, books and eyes, sharp-pointed pins and needles, dress slides (if you use them) and any other little aids that the dressmaker herself might suggest.

See that the cutting table and lapboards are all right; have a gas stove and ironing board for pressing in the sewing-room, and so save steps to the kitchen. Provide both a straight-back and a rocking chair for the seamstress, the former for machine work and the latter for her hand-sewing hours. She may just as well be comfortable while working, and a footstool to use when the lapboard is in operation may not be found amiss.

The importance of good patterns cannot be too strongly dwelt upon. If you are what is known as "stock size"—that is, the ready-made garments fit exactly without alteration—then inexpensive paper patterns will do pretty well. Nowadays there is a fairly good cut to most of these, even the cheapest, and with a clever seamstress to fit, a really presentable garment may be turned out at home at small cost.

But where more ambitious attempts are to be made, then it were money well expended to get a special pattern cut. In this special attention will be paid to line and curve. In cutting from the best pattern there are some rules to be observed, the slightest of which cannot fail to result in disappointment.

Spring Millinery

THE striking note in the new head-gear displayed at the openings is a reproduction of historic styles. We have not yet come to the fantastic head-dresses of the Elizabethan period, but who may say when the fancy might lead if allowed full rein?

At present the correct thing is the shophers or "Dolly Varden" style, whichever you prefer to call it. Director. The name may vary, but the style is a showy piece of wearing apparel, and, although admirably suited to certain types and charmingly picturesque when the rest of the costume harmonizes, it is a style which must be used with care. Many of the imported hats are of lace, or of fine leghorn with medallions of lace inset, and these are trimmed with large soft plumes and with quantities of rich ribbons.

There are good effects gained in the use of maribou and culture feathers; wings are used, too, usually in the same shade as the hat.

The young girls have many pretty covering boxes with paper or muslin, moths and mice will avoid them.

In boiling meat for making soup the meat should be put in cold water, in order to extract all the goodness from the bones.

Ham has a much better flavor if it is boiled for one hour and then baked two hours with brown sugar sprinkled over it for the last 15 minutes.

A good plate-cleaning mixture, which is also excellent for polishing brass, is made as follows: Take a cup and half fill it with whiting, then fill to the brim with cold water. Pour this into a bottle and add to it one ounce of ammonia. Shake well before using. Wet a flannel cloth with this and rub it on the metal, afterward polishing it with a soft cloth or leather.

Pastry Cups

MRS. ROBINSON in The Delineator.

INSTEAD of baking the pastry inside the little pate pans—a process that is never successful—use the pans outside and shapely results—I turn the pans upside down; fit the pastry over the bottom of them, set them in an ordinary biscuit pan, and bake them in moderate oven.

To make quick paste, stir into a mixing bowl three level cupfuls of flour. Chop into this, with a stiff spoon, one level cupful of lard; add salt to taste, and moisten with ice water. Stir vigorously for a half-minute only, turn out upon a floured board and pat gently into shape with the rolling-pin, not allowing the hands to come into contact with the dough. Lastly roll out as thin as desired, and if pastry cups are to be made, place the little pate pans so that each one may have a small margin around it; cut out the circles with a sharp knife.

Chopped meats of all kinds, especially brains, liver, sweetbreads, etc., may be utilized as fillings; or, one may make use of any kind of fish, including oysters, lobster, and crabs. Vegetables and fruit also lend themselves to this treatment. In fact, there are few foods that cannot be served in this fashion, as even the toughest meats are not excluded; the only thing necessary being that they be put through the meat chopper before going into the cups. To obtain the best possible results, however, the tops of the pate should be covered with egg and cracker crumbs and lightly baked; anticipating this, when preparing the crusts, bake only long enough to preserve their shape, not allowing them to turn brown.

A Housewife's Helps.

Rub ducks or geese with corn meal after plucking to remove the down.

Rub grass stains with molasses and they will come out without difficulty in the ordinary wash.

If alum is added to the paste used in

Not a Square Deal.

In looking up some mining claims in Mexico I found myself making inquiries of a native named Don Estebano. His greeting was anything but cordial, and he answered my queries in a way that gave me no information. I was, rather surprised at this, and a few days later expressed myself so to a friend of the don. He couldn't see through it, but said he would find out what was going on. In a couple of weeks he came to me and said:

"Senior, I now know why Don Estebano gave you such coolness."

"Well,"

"A year ago he was in the mine business with one of your countrymen. At that time he was in love with American. Together they did business—much business. It was pleasant between them. They were like sisters. If one said so then the other said so. Nothing was the trouble for a long, long time."

"And then there was trouble, eh?"

"There was. My good and sincere friend, Don Estebano, he saw his chance."

"Chance for what?"

"To beat that American out of thousands of dollars—many thousands. He improved the chance and did beat him."

"And is that why he is down on Americans now?"

"Ab, no. When your compatriot had been beaten he went to the courts. He said it was a swindle. He called for justice."

"And did he get it?"

"Not at all; but what did he do? Instead of leaving the case to the judge, he improved the chance and did beat him."

"Nothing about Lie-Tan."

Nothing of his leaves is wasted by the Chinese, the Scientific American

LIKE OLD FRIENDS

The Longer You Know Them the Better You Like Them

Doan's Kidney Pills never fail you. Portland people know this. Read how Doan's stood the test. For many years.

It's local testimony and can be investigated.

Mrs. T. J. O'Brien of 60 East Ninth street north, Portland, Ore., says: "Time has not changed my opinion of Doan's Kidney Pills. I gave this remedy by endorsement in 1903 and am glad to repeat my recommendation of it. A member of our family found great relief through using Doan's Kidney Pills, and since then several of my neighbors have tried them with equally good results. We are always glad to tell about the merits of the remedy."

For sale by all dealers. Price 25 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States. Remember the name—DOAN'S—and take no other.

Nursery Talk.

The value of screens is often overlooked in the household. They are especially valuable in the nursery; for, while most of us recognize nowadays the necessity of the open window in the sleeping-room, many mothers hesitate to put their convictions into practice, for fear of exposing the sleeping child to a draught. Draughts are deadly, it must be admitted. They are also unnecessary. An excellent screen to use for this protection is after the model used in the hospitals. It is a light weight frame upon which white cambric is gathered. This can be easily removed and washed, no unimportant matter. A clothes horse painted white makes an excellent frame. A sensible device has been originated by one mother who wished to have the error in grammar, or a sentence, the construction of which might be greatly improved.

Right here is where your business tact should be brought into play. Correct those errors and rearrange that faulty sentence, but don't ever be so foolish as to tell him about it.

He will read it over and pat himself on the back for stating the matter so clearly, and will give you credit for being a very accurate and painstaking stenographer.

Some day your employer may try you by giving you a few outlines, and expect you to return to him the finished letter. If you are successful in this it is but a step to turn the whole correspondence over to you. This will mean a much greater salary, and the more important title of private secretary.

The high wages paid make it a mighty temptation to our young artisans to join the force of skilled workmen needed to construct the Panama canal. Many are restrained, however, by the fear of fever and malaria. It is the knowing ones—those who have used Electric Bitters, who go there without fear, well knowing they are safe from malarial influences with Electric Bitters on hand. Cures blood poison, cholera, biliousness, weakness and stomach, liver and kidney troubles. Guaranteed by Ed Cross Pharmacy, 604

take vengeance if they persisted, and thoroughly frightened the police agents. The accomplices she became witty and charming, and before they quite knew what was happening, she bowed them gracefully out of the house. She then secured a passport and Narbonne escorted her to the frontier.

She might easily have escaped from Paris herself, but she attempted to take with her the Abbe de Montequon disguised as a domestic. On the way from Paris her carriage was halted by an angry mob who accused her of trying to take away proscribed royals and she was straightway escorted back to the city authorities' headquarters.

Through the interference of a friend, however, she obtained a passport, and she was allowed to depart to her father and mother at Coppet. Her soul was too much torn by the sorrows, but friends and of her country for her to remain quiet and to enjoy nature. She wrote, "Oh earth, steeped in tears and blood, thou bringest forth thy flowers and fruits with a magnificent air, but then no pity for men and can his dust return unto thy maternal bosom without causing it to bound?" Coppet became the refuge of the proscribed and she labored ceaselessly to save her friends and devoted herself and her fortune to their needs.

When Napoleon became consul she returned to Paris and again around her gathered all the wits and powers of France. She and Napoleon had, however, little in common, and as she rebuffed his attempt to win her to his way of thinking, he became bitterly opposed to her and finally ordered her away from France. She lived some years in Germany, broadening her views and her grasp of life with acquaintance with its culture and its institutions, but "Oh, for a moral of France!" she cried. When her father died the dearest tie which she had in life was severed.

After the abdication of Napoleon Paris was once more opened to her, and she hastened to her dear city. Once more she held court though the old days were not to be recalled in their brilliancy. La Fayette was her friend, Montmorency was her ally. She had separated from the Swedish baron, and had, some years later, married M. Rocca, a man many years her junior. Her eloquent eyes dwelt lovingly upon her faithful friends and all political questions of mind and heart centered upon them undyingly, but the greatest of French women lingered but little longer.

Her friend Schlegel once said, "A woman great and magnificent even in the most reaches of her soul."

The striking note in the new head-gear displayed at the openings is a reproduction of historic styles. We have not yet come to the fantastic head-dresses of the Elizabethan period, but who may say when the fancy might lead if allowed full rein?

At present the correct thing is the shophers or "Dolly Varden" style, whichever you prefer to call it. Director. The name may vary, but the style is a showy piece of wearing apparel, and, although admirably suited to certain types and charmingly picturesque when the rest of the costume harmonizes, it is a style which must be used with care. Many of the imported hats are of lace, or of fine leghorn with medallions of lace inset, and these are trimmed with large soft plumes and with quantities of rich ribbons.

There are good effects gained in the use of maribou and culture feathers; wings are used, too, usually in the same shade as the hat.

The young girls have many pretty covering boxes with paper or muslin, moths and mice will avoid them.

In boiling meat for making soup the meat should be put in cold water, in order to extract all the goodness from the bones.

Ham has a much better flavor if it is boiled for one hour and then baked two hours with brown sugar sprinkled over it for the last 15 minutes.

A good plate-cleaning mixture, which is also excellent for polishing brass, is made as follows: Take a cup and half fill it with whiting, then fill to the brim with cold water. Pour this into a bottle and add to it one ounce of ammonia. Shake well before using. Wet a flannel cloth with this and rub it on the metal, afterward polishing it with a soft cloth or leather.

The Modesty of Women

Actually makes them shrink from the indelicat questions, the obnoxious allusions, and unpleasant local treatments, which some physicians consider essential in the treatment of diseases of women. Yet, if help can be had, it is better to submit to this ordeal than let the disease grow and spread. The trouble is that so often the woman undergoes all the annoyance and shame for nothing. Thousands of women who have been cured by Dr. Pierce's Favorite Prescription write in appreciation of the cure which dispelled all the examinations and local treatments. There is no other medicine so sure and safe for delicate women as this Favorite Prescription. It cures debilitating drains, irregularity and female weakness. It always helps. It almost always cures. It is strictly non-alcoholic, non-secret, all its ingredients being printed on its bottle-wrappers; contains no deleterious or habit-forming drugs, and every native medicinal root entering into its composition has the full endorsement of those most eminent in the several schools of medical practices. Some of these numerous and strongest of professional endorsements of its ingredients, will be found in a pamphlet wrapped around the bottle, also in a booklet mailed free on request, by Dr. R. V. Pierce, of Buffalo, N. Y. These professional endorsements should have far more weight than any amount of the ordinary lay, or non-professional testimonials.

The most intelligent women now-a-days insist on knowing what they take as medicine instead of opening their mouths like a lot of young birds and gulping down whatever is offered them. "Favorite Prescription" is of known composition. It makes weak women strong and sick women well.

Dr. Pierce's Medical Adviser is sent free on receipt of stamps to pay expense of mailing only. Send to Dr. R. V. Pierce, Buffalo, N. Y., 10-cent stamps for paper-covered, or 15-cent stamps for cloth-bound. It is sent by mail, free of charge by letter. All such communications are held sacredly confidential.

Dr. Pierce's Pleasant Pellets invigorate and regulate stomach, liver and bowels.