

FOR AND ABOUT WOMEN

WHY THE AVERAGE WOMAN'S HEALTH IS BROKEN.



It is not work that breaks down the health of the average woman, who is both housekeeper and homemaker for her family. It is because she has never learned not to take up a duty or task until she is ready to do it, and to let loose of it when it is done.

There are women who, when they go to bed at night, review in their minds all the hard, disagreeable work they have done that day and that they must do the next. Now, isn't that pleasant and restful?

On the contrary, everything looks so big and so hard when looked at in the darkness of the night, when one is tired and nerves all a-quiver, that one had just as well do the work bodily that she is doing mentally; the latter is harder on the nerves, and she will, perhaps, finally fall into a troubled sleep and dream of working all night, and awake in the morning as tired as if she had actually accomplished the task which is yet to be done.

If a mother would maintain any semblance of dignity, repose of mind and cheerfulness of heart, upon which depends nerve force and bodily health, she must accept upset plans and unexpected interruptions philosophically and good-naturedly, for they will surely come, if she does not, she loses all the pleasure of the companionship of her dear ones, which is her just due, as well as theirs, and becomes merely a household drudge. Then, if her family and friends look upon her only as such, she becomes sour and cross and fretful, because she is not appreciated.

It was once my privilege to visit in a very happy home, where, after supper each evening, the daughter asked the mother, "Shall we wash the dishes or stack them?" and the answer was, "Oh, let's stack them; we can wash dishes any time when we can't visit with friends."

Happy is the woman who, when she is tired and knows she has done all she ought to do already, can shut the kitchen door and leave the work there and go into the parlor and enjoy a book or have a good time with her family. The work will parlor till another day and will be much easier done when she has rested. Better wash a few more dishes after breakfast than spoil the whole evening.

But remember the advantage lies in resting the mind as well as the body. If she persists in thinking of those dishes all the time and how much there will be to do in the morning, she had better wash them and be done with it.

All housekeepers have the same experiences. The only difference lies in the sensible ones being able to get their minds above unwashed dishes and the like, at least when not engaged in washing them. There is as much economy in saving your strength as in saving money or time.—Margaret Flindt.

TO PROBE VICE AT ISTHMI.

Chicago Girl Goes to Panama to Secure Facts for Government.

Miss Gertrude Beeks, a Chicago young woman, has gone to Panama under commission from Secretary of War Taft to investigate the social conditions in the Panama canal zone for the United States government. Technically her commission is secretary of the national committee on welfare of government employes.

Miss Beeks for several years has been secretary of the welfare department of the National Civic Federation. She formerly worked for the McCormick Harvester Company, and through her efforts the company adopted many improvements for the comfort of women employes and other great manufacturing concerns followed the suggestions. She for several years has devoted herself to the task of alleviating the conditions under which the members of her sex toil in factories.

Successful Book Agent.

The most successful book canvasser in the United States is a woman. She is a Russian, and came over here ten years ago, unable to read or write English. Now she is earning \$50,000 a year selling "special limited editions" for a Philadelphia house. This woman thinks it nothing to sell a set of books for \$10,000, of which she receives 40 per cent. The books, of course, are supposed to be bound in covers of special design, the paper, printing, and illustrations are of the finest, and the edition is said to be limited. The woman sells the books mostly to wealthy women. She drives up to their homes in a magnificent carriage, attended by a footman in livery. She never fails to impress the prospective customer with her refinement, and frequently poses as a Russian countess. There is hardly a society woman in the country who has not purchased a set of books from this woman.

Girls Graduating Dress.



A dainty dress for the graduate is made of white messaline, trimmed with Mechlin lace. The desired ruffled effect is attained by crossed ruffles of the lace, which are fastened at the girdle by rosettes of white baby ribbon. The skirt is shirred at the hips and two rows of shirring are placed at the top of the flounce. The gumpie is of lace similar to the trimming.

Don't Be Too Devoted.

Men in love are delighted to be told that they are never absent from the

thoughts of their sweethearts, but the husband finds this consciousness a trifle wearing. As bad as the clinging vine is the woman who makes her devotion too incessant. She is never tactful, never conscious that he wants to be alone occasionally, never capable of making herself and her affections a novelty to him, says Woman's Life.



Trimming in alternate rows of ribbon and lace insertion are seen on some of the late summer-silk models.

For indoor gowns or elaborate tea gowns the broken or primitive Greek-key pattern is much used as a trimming.

Pompádour silks make charming evening gowns under transparent overskirts of point d'esprit, net or spangled tulle.

Navy blue is more in favor than it was at the beginning of the season, especially mixed with crude green and mandarin.

As a relief from the ubiquitous brown, there is a medium tint of rather yellowish green, known as "lilleul," which is seen in many of the new summer silks.

Some of the new hatpins can truly be regarded as jewelry. One of the novelties was a large head of tortoise shell, set with rubies and diamonds. Still another was incrustated with turquoises and diamonds.

Underskirts are growing more and more elaborate, and broad ribbon plays an important part in them. Many are of peau de suède, with deep silk flounces, while white batiste petticoats are much trimmed with insertions of lace and minutely plaited batiste and mousseline de soie.

The Algerian bolero, which is a fad of recent vintage, is made of four embroidered squares about the size of handkerchiefs joined by passementerie. It is caught together on the shoulders and in the front with passementerie ornaments to match and is sometimes covered with braiding.

Beauty Requires Sleep.

Sleep is a great preserver of youth. Eight hours at night and a short nap in the day will do much to keep the face free from wrinkles. Always sleep with the bedroom window open a few inches at the top, both in summer and winter. A daily morning bath, tepid in winter and cold in summer, with a brisk rub to follow, will keep the skin fresh and clear. Two hours must be spent in the open air, walking, riding or playing games.

All tight clothing and especially tight lacing must be avoided, as compression disturbs the circulation and is often the cause of enlarged veins and red noses.

All in Order.

Order is heaven's first law, and it ought also to be woman's. The only certain method of keeping sane and sound the complex life of the modern woman—with its varying demands from kitchen, nursery, school-room, club, town, friends, church—is by a careful arrangement of its different occupations and pleasures.

The housemother's bureau drawers must be so well ordered that she need never waste a minute hunting for ribbon or glove. Her bread-making must not be done at an hour when it is likely to be interrupted by a caller. Club day and sweeping day will each have its place in the week's program.

The motto of our grandmothers, "Do the first thing that comes to your hand," will no longer serve in this strenuous age. The head must plan the work of hand and foot, if the home is to be well kept, and weariness held at bay.

Even the children in an orderly household catch the infection of systematic living. A 5-year-old daughter of an "up-to-date" family announced in a twilight talk with her mother recently, "Mamma, I have decided not to ask so many questions. It wastes so much time. I'm just going to keep my ears open and remember all the things I hear, and then after I go to bed, I shall sort them all out." There is a promise of an orderly home-maker.



Miss Mary A. Stubbs, of Indianapolis was appointed head of the Indiana State bureau of statistics some time ago.

The only woman ever elected to office in Texas by the qualified votes of a general election is Miss Zena Dalrymple, who was elected county and district clerk.

The thirty-two women who were widowed by the explosion at Wattstown colliery, Rhondda, in July, 1905, have been awarded by the owners \$35,000 in excess of the sum payable under the British compensation act, or \$2,500 each.

To have discovered more stars than any one else in the world is the reputation of Miss Dorothea Klumpke, an American girl astronomer, who won renown for herself at Paris. Since 1899 Miss Klumpke has devoted herself to taking photographs of the heavens from a balloon.

Miss Marianne Farningham is probably the oldest woman journalist in England, having already celebrated her jubilee of work, since she was writing for several magazines in 1855.

The first metal thimble with a top on it was made in Amsterdam, Holland, for Mrs. Kilean van Rensselaer, wife of the patron who founded Albany. In 1884 the bicentenary of the invention of the thimble was celebrated in Amsterdam. Dominic Nicholas van Rensselaer, who came to New York in 1674, owned the first watch ever brought to America.

Lingerie Blouse.



A very attractive blouse, shown in the cut, was of India mull, with a yoke of crosswise tucks overlaid with braids of flet lace in an unusual design. The tucks, of course, were cut away from underneath them. The lace bands are inserted in a design to match upon the lower part of the waist, fullness being given by tucks between them. The sleeves were in elbow length, with insertions and bands of lace, and small cuff pieces, and the collar being decorated to match.

Expensive Things.

The wings used by the milliners are only a shade less lovely than the wonderful ostrich plumes of enormous length and exquisite shading. Twenty-five dollars a pair is asked for some of the handsome big wings in beautiful color combinations and the wide-brimmed sailor trimmed in such wings and worn far enough back on the head to show the front hair is one of the most successful models of the season.

Would Hyphenate Names.

There is a movement on foot in England to have the wife adopt her husband's name, but at the same time keep her own. Miss Mary Cotton then would become Mrs. Cotton-Sparks, and so on. This would give her friends an idea of her identity as her father's daughter, which is often lost after marriage.

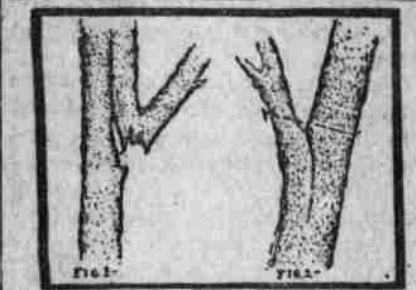


FARM AND GARDEN

How to Repair Trees.

It is the part of wisdom to be able to administer first aid to the injured tree, as well as the more permanent aids. One of the most common of these is the splitting down of a limb, as suggested in accompanying illustration, Fig. 1.

If the limb is not broken wholly off—if there is still left a connecting link of sound wood and of sound bark—the limb can with care be saved. This will

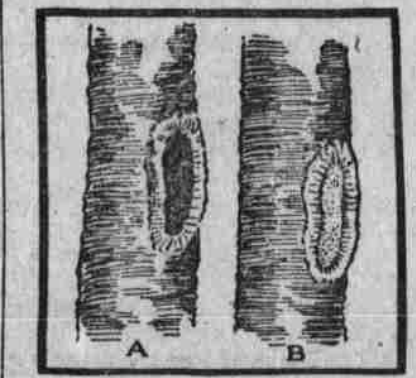


BROKEN LIMB SAVED. (Fig. 1, split limb; Fig. 2, in position.)

often save the beauty of the tree. With as little delay as possible shorten all the small branches of the limb to make their weight as little as possible, then carefully lift the broken limb back into position and lash it firmly with ropes or straps.

Now with a bit or auger bore a hole through the limb and tree trunk as suggested by the dotted line in Fig. 2. Through this insert a bolt of iron having a head on one end and a nut on the other. Turn the nut on the end, with a big washer beneath it, until the crack in the break has been made as small as possible, then cover the crack neatly over with grafting wax. Many a tree has such a gaping wound as that shown in A, Fig. 2. It is caused by sawing off a big limb and neglecting to protect the wound until nature could extend a new growth of bark over it. The new bark has begun to grow about the edges, but the wood has decayed within, and nature can carry growth of bark no further.

Cut out all the decayed wood and fill the cavity completely with portland cement mixed with water. Do not add



GAPING WOUND REPAIRED.

sand. Fill the cavity and press the cement close to the new bark (B, Fig. 3) that there may be left no little opening for air and water to enter. The life of a tree can be prolonged for many years by such aid as this.—Orange Judd Farmer.

Times Are Different.

Not long ago a farmer in Iowa went to a harness dealer to buy a team of harness. He found one that suited him and the price was \$45. The farmer happened to remember that about a dozen years ago he had bought a harness just like it from the same dealer for \$35, and he mentioned the fact. The dealer went to his book and found this to be true. "But," said the dealer, "my books show that you did not pay cash for it because you did not have the money. You hauled in 300 bushels of corn and gave it to me for the \$35 harness. Now, I'll tell you what I'll do. If you will bring me 300 bushels of corn I will give you the \$45 harness, also a double buggy harness worth \$35, a single buggy harness worth \$15, a \$7 plush robe, a boy's riding saddle worth \$5, one whip and riding bridle worth \$1.50, two leather halters worth \$2.50, brush and currycomb worth \$1 and a rawhide buggy whip worth \$1."—Mound City Enterprise.

Growing Strawberries.

When growing strawberries for market the solidity of the berry is an important desideratum, as a market berry should possess good shipping qualities. Then should follow size, brilliancy of color and flavor. For family use the keeping qualities are not important, the flavor deserving more notice. It is not difficult to find a superior berry, possessing size and flavor, for home use. The attention of growers is devoted mostly to securing varieties that are firm in texture and of large size so as to stand shipment well and show attractively in market.

Oats as Green Feed.

Oats can be made to provide an abundance of food by being grown and cut while the heads are in a milky stage. The straw is then in palatable condition, containing portions of the nutrition which have been arrested on their way to fill out the heads. When cut in this green condition the straw and heads are cured like hay, can be bunched and then stacked on the ground for winter use. The proper way to feed oats cured in that manner is to pass them through a fodder cutter, and they will be eaten readily by horses, cattle and sheep.

Growing Radishes.

No vegetable grows quicker than the radish, and a few rows only are necessary to supply quite a large family. Radishes are unfit, unless grown quickly and pulled at the proper time. As they are ordinarily grown the family is kept supplied from the same bed until the radishes are hard and woody. Instead of so doing sow only part of a row at a time. The way to have them as they should be, until late in the season, is to procure quite a number of packages, putting in the seed from a package every week until too late to sow them. By pursuing this method they may be had in a crisp, tender state long after the usual first crop is hard or gone to seed.

Growing Celery.

Transplant celery to permanent beds in May or June, placing a large quantity of manure in the trench. This crop is one that cannot be surfeited by too much manure, as it is one of the grossest feeders known. The plants should be frequently watered, soap-suds being better for such purpose than anything else, and the beds should be kept as clean and nice as possible. It requires care to have celery that is large, crisp and white, but it is a valuable crop when grown and pays well for the attention bestowed. If you neglect to sow the seed you can procure the plants from seedsmen and should not fail to have a supply.

Southern Creameries.

With Bermuda grass for summer and oats, wheat, or barley for winter pasturage, together with the various hay and silage crops which may be grown, the dairy herd may be maintained with small outlay for grain or concentrated foods. There is need of a large number of creameries and well-maintained dairy herds in the populous sections of Texas and Louisiana. At present the people of Texas alone, probably pay out \$10,000,000 annually for butter which could be produced at home. With the wide range of forage crops and corn, cattle feeding may prove profitable both to farmers and to mill owners.

Weeds and Grass.

The earth is seemingly able to produce weeds or grass, whether fertile or poor, and they always appear at the same time, when the crops need the most care. Weeds are beneficial to a certain extent, although injurious, for the gardener is often compelled to eradicate them when he would otherwise give the garden his attention. By so doing he keeps the soil in a fine, friable condition for the desired crop. Weeds, however, should be removed as soon as they appear; by so doing the work can be more easily done, and the stirring of the soil will then be required only to a moderate depth.

Ways of the Green Bug.

Those who have been watching the green bugs say that they fly only on winds blowing from the south, and the minute the wind changes from the south and gets in the north the bugs alight. This was demonstrated one evening last week, according to a Lawrence (Kan.) paper. After eight hours of nagging, blustery south wind the air was filled with these bugs. At 7 o'clock in the same evening the wind switched to the north and the bugs disappeared. The bugs have been coming from Texas for two months, and on every south wind they move northward.—Platte City Landmark.

Clover Hay.

It is claimed that clover hay may be baled in the field, but experiments made are not sufficient to show the benefits derived, compared with storing clover in the mow. The clover is cut in the morning, after it is free from dew or rain, and when well wilted the hay tedder is used, so as to give it every chance to cure. In the afternoon the hay is raked and hauled to the barn. If this method is practiced, care must be exercised in having the hay properly cured and in just the proper condition for baling, as baled clover is more liable to heat than timothy or other kinds.

Surface Preparation.

The new settler in an irrigated district seldom appreciates the importance of preparing the surface of fields so that they may be cheaply, easily and properly watered. Crops in an arid climate are, as a rule, good or bad, according as they have received the proper amount of water at the right time, and when the ground is left so rough and uneven that water cannot be evenly applied the effect is shown in the reduced yield. The preparation of the land is a first cost, and if done thoroughly during the first or second year little expense need be incurred afterward.—S. Foster.

Garden Seeds.

Where several varieties of plants of the same kind are grown together, it will not be proper to save seed therefrom. The different kinds of melons, peas, sweet corn or other crops have their pollen distributed by the winds or by insects, and seed saved under such circumstances will prevent uniformity next year. The greatest care should be observed to avoid mixing when saving seed is the object.

They Live to Eat.

Agricultural laborers in Lucerne, Switzerland, eat eight meals a day—the first at 4 o'clock in the morning, re-enforced by further refreshment at 6, 8, 10, 12, 3, 5 and 7. Some of these meals are but luscious of cider and bread, but the daily bill of fare includes a substantial breakfast, dinner and supper.

THE WEEKLY HISTORIAN



- 1434—Hussites defeated at Lippan.
 - 1433—Turks under Mahomet II. took Constantinople.
 - 1498—Columbus sailed on his third voyage to the New World.
 - 1593—Christopher Marlowe, celebrated dramatist, killed in a quarrel.
 - 1660—Charles II. returned to England as King.
 - 1763—The Wyandottes defeated Lieut. Cuyler at Point Pelee.
 - 1776—British fleet arrived in Charleston harbor to begin the campaign in the South.
 - 1794—Lord Howe defeated the French in the Bay of Biscay.
 - 1802—Charles Emmanuel II. of Sardina abdicated.
 - 1813—Americans defeated at battle of Sackett's Harbor.
 - 1816—Mrs. Gewson, original of Dickens' character of Miss Haviland in "Great Expectations," died.
 - 1833—William J. Duane of Pennsylvania became Secretary of the Treasury.
 - 1838—New charter granted the Hudson Bay Company.
 - 1845—Mexico declared war against the United States.
 - 1857—Chinese fleet destroyed by Sir M. Seymour and Commodore Keppel.
 - 1858—Marc Klaw, theatrical manager, born.
 - 1859—French and Sardinians defeated the Austrians at Magenta.
 - 1861—Ship Canadian sunk in Straits of Belle Isle; 35 lives lost.
 - 1865—National fast day proclaimed for the death of President Lincoln.
 - 1871—Canada issued its first post cards.... Fall of the Paris Commune.
 - 1875—Paul Boyton crossed the English channel in his life-saving dress in 23 hours.
 - 1870—Badge of St. Katherine, for nurses, instituted by Queen Victoria.... Prince Louis Napoleon killed during the Zulu war in South Africa.
 - 1880—Johnstown flood; 2,295 lives lost.... Texas Spring Palace opened at Fort Worth.
 - 1890—Statue of Gen. Lee unveiled at Richmond, Va.... Garfield Memorial dedicated at Cleveland, Ohio.... President Carnot pardoned the Duke of Orleans, who was escorted out of France.
 - 1891—Trial of the Tranby Croft case begun.... Chilean insurgent steamer Itina surrendered to American naval vessels.
 - 1893—Body of Jefferson Davis re-interred at Richmond, Va.
 - 1894—Six hundred men slain in the defeat of the government troops in Salvador.
 - 1895—Gen. Primo-Rivera, captain general of Madrid, assassinated.
 - 1896—The Prince of Wales' horse Persimmon won the Epsom Derby.... Disaster at Moscow during coronation festivities cost 2,000 lives.
 - 1897—Severe earthquake shock felt in the Central States.... Mob of lynchers at Urbana, Ohio, fired upon by militia and four persons killed.
 - 1898—Public funeral of Mr. Gladstone in Westminster Abbey.... Commercial treaty between United States and France signed.
 - 1900—Paul Kruger fled from Pretoria.
 - 1902—Peace of Pretoria.
 - 1903—Many lives lost in floods at Topeka, Kan.... Presbyterian general assembly enacted amendments to the Confession of Faith.
 - 1905—Lewis and Clark Centennial exposition opened at Portland, Ore.
 - 1906—King Alfonso XIII. of Spain and Princess Ena of Battenberg married.
- Wooden Water Mains.**
Somewhat like returning to first principles and methods which had apparently been outgrown and discarded seems the import of an article by Andrew Swickard which recently appeared in the California Journal of Technology, regarding the use of wooden pipes for conveying water. He says that the use of wooden pipes has been greatly extended in recent years, a number of long lines having been built in the East, where it has found favor with the engineers, and that in America it is in use from Alaska to Peru. Its employment is, of course, subject to some limitations, especially where it is necessary to withstand a very high pressure. The pipe now used is not made like that of long ago, from bored logs, the modern wooden pipe being built from staves fastened together with metal clips, in favor of wood it is urged that the interior of the pipe does not deteriorate as where iron is used, and that it is from 30 to 50 per cent cheaper than riveted steel.
- The Wise Kind.**
Little Willie—Say, pa, what is a statesman?
Pa—A statesman, my son, is a politician who knows a band wagon when he sees it.
- Different Now.**
The Parson—It must be some consolation to know that you made your late husband happy.
Young Widow—Oh, yea, Poor George was in heaven till he died.