

# WOMEN'S INTERESTS

## To Cure Insomnia.

When you sleep, in which direction do you lay your head?

It makes much difference. Even in sleeping there is much science.

Sleeplessness or insomnia may be greatly relieved if not actually cured by having the body lie in the natural relation of its own magnetism and the earth magnetism.

The human body is a great living magnet, almost as delicately poised as a magnetic needle in the compass box. When the compass needle is placed in an east and west direction at once the needle begins to try to get in a north and south line with its length. This is because the magnetic waves in passing from the north pole of the world to the south pole sweep the magnetic needle into the line of least resistance, lengthwise, so the magnetic forces of the needle and the earth may be in harmony.

If you are sleepless, or rest poorly, look after the arrangement of your bed. Turn its head to the north. Get your body in line with the magnetic polar earth waves and have no magnetic counteraction in your nervous make-up by the earth currents running across your magnetic organism. The proof of a medicine is its results.

Try this north and south body line-up and note results that will make you marvel if you are nervous and sleepless.

## Hot and Cold Baths.

Cold and hot water face baths combined are much more effective than either one alone, for it takes the hot bath to cleanse the skin and the cold one to invigorate and stimulate it. The English are devoted to the cold water bath for the whole body as well as the face, and the English men as well as the women are famous for the beauty of their complexion. The cold bath makes the skin look clean, but it does not cleanse it. The face should be washed in hot or at least warm

are figuring largely in the new hat decoration.

The familiar white yoke has given place to the colored one of transparent material.

Black tunics, heavy with embroidery, are sometimes worn over gowns of white satin.

## Blue Velvet Gown.



Smooth blue chiffon velvet is the material employed in a magnificent afternoon gown. The cut shows the clever draping on right side, just above knee, and the yoke and stock of white Irish crochet lace are outlined with shaped collar, elaborately braided in self-tone soutache. Pointed straps on

bation officer in her home county, to do the work of the president of the board of county visitors, to act as special agent to the county commissioners in cases of destitution, and to be the humane officer and secretary of the local humane society.

She is a widow and the mother of three children, whom she supports and cares for as well as though she did nothing but keep house. She is a New Yorker by birth and has lived in Colorado less than eight years.

## Lace and Silk Mull.

At the places where Irish lace is sold there comes a tiny scalloped edge, and this can be used with good result on a small bit of inexpensive silk mull. The two combined make a dainty and costly looking jabot for a turnover collar at a small price. The silk mull is plain or dotted, and sells for about 25 cents a yard. If this is made into six fine plaits, about four inches long, with a tab and a buttonhole at top, then edged with the Irish scallop, it can be worn with one's smartest blouses or sent as a gift to a critical friend.

## Real Attractiveness.

A magnetic personality is often more powerful than ability, and is often, very often, placed in the balance against it. It is therefore advisable to exert oneself to the utmost to cultivate that wonderful charm to the highest degree, and she who has it is not so much to be pitied as blamed, for it is, more or less, within the reach of all.

## To Wash White Cashmere.

First of all, remove hooks and eyes and any colored trimming. Then shave up about four ounces of curd soap, put it in a small saucepan, cover with water and allow it to melt over a gentle heat. When quite dissolved take out a cupful, beat remainder up to a lather in a gallon of hot water. When

## BIG HATS MEAN GOOD TEETH.

Specialist Advises Slender Smiles for a Pretty Expression.

Of all the apologies for the Merry Widow hat the newest is the most novel. It is advanced in its favor that it is responsible for the even greater care women are bestowing on their teeth. Of course all women of the last two generations, even those careless in other respects, have been particular in regard to their dental charms, but it is asserted that since the advent of the Merry Widow they have been more attentive to them than ever, the New York Press says. A cosmetic dentist explains this by pointing out that when a woman wears a large hat her hair is almost covered except at the sides, where it is pulled out; her forehead is hidden, and her temples are merely suggested, so that nothing stands out clearly save her nose and mouth, and as a result the teeth are noticed as they never were before.

This state of affairs is brought about in a great measure by the hats with large round crowns and drooping brims. Most girls, when they want to show their teeth, think it necessary to smile broadly, says the cosmetic dentist, and thus proclaim their intention in a most patent manner. They should learn to show them without making their intention obvious. It is not necessary to smile broadly; in fact, a far more effective result is obtained if the lips are only slightly parted in the center when the emotions of amusement or happiness are to be expressed.

To teach his patients to improve the expressions of their mouths this specialist tells them to think pleasant things before going to sleep. They are instructed to smile sweetly, with the lips just touching, so that when they wake they have a happy aspect of countenance. He considers it a good plan to make them assume the exquisite shape known as Cupid's bow. The lips should be pressed in the center also and should be kept rosy of the signs of thoroughly good health.

## Legal Information

The manager of defendant mill in the case of Hine-Hodge Lumber Co., 48 Southern Reporter, 685, posted notices forbidding its employees under penalty of discharge to trade with other concerns. Plaintiff brought an action for damages to its business caused by these notices. The supreme court of Louisiana held that as defendant had not combined with others, and as its object was not to injure plaintiff, but to protect and safeguard its own interest, its methods were not unlawful.

Deeds to certain lots contained the covenant that the title to the land should never vest in a person of African descent or colored person. The lots were purchased by a corporation whose stockholders were negroes who intended making a pleasure park for their race. In People's Pleasure Park Co., Inc., et al. v. Rohleder, 61 Southeastern Reporter, 794, an action to cancel the deed and enjoin the sale, the supreme court of appeals of Virginia held that the transfer was not a breach of the covenant as the corporation, though composed of colored persons, was not itself a colored person.

A widow, 56 years of age, married a man 69 years old, thus losing her pension. Becoming dissatisfied, she sought annulment of the marriage on the ground of her husband's physical incapacity, which the supreme court of New York in Hatch v. Hatch, 110 New York Supplement, 18, declined, saying that, because of advanced years of the parties at the time of marriage, the desire for support and companionship, rather than the usual motives of marriage, must have actuated them, and that the widow, having lost her pension by gaining a husband, could not exchange again.

The Kentucky statute provides that railroad companies shall furnish separate compartments for white and negro passengers on passenger trains. It further provides that companies operating roads more than five miles in length shall run at least one passenger train a day each way. In Southern Ry. in Kentucky v. Commonwealth, 110 Southwestern Reporter, 372, it was contended that appellant violated the compartment law in failing to suitably divide a caboose attached to a freight train where there was no other train run. The court of appeals of Kentucky held that a freight train to which a caboose, carrying passengers, was attached was still a freight train, and although the company may have neglected to furnish the requisite number of passenger trains it had not violated the compartment law.

## The American College Student.

Privy Councillor Zuntz, on his return to Berlin, after a three months' visit to the United States, delivered a lecture before the students of the Industrial high school of that city, in which he had much to say in praise of American students and of the college system under which they were trained. "Our students," he said, "can help themselves financially only by teaching. The American student has the advantage in this respect, because, without losing caste or dignity, he can break stones, act as a waiter or porter, or do work at any trade. It is not an infrequent occurrence, that a young man acts as a waiter at a gathering of people where he is received as an equal as soon as his mental duties have been performed."



"Well, I congratulate you," said the lawyer to his client, as they waited in the corridor for the elevator. "Here you are without a stain or grease spot on your character. You can hold up your head once more and look your fellow man in the eye and hit him in the eye if you want to. You have passed through the ordeal unscathed. The acid test of question and cross-question has indisputably shown the true gold of your character. Yes, indeed, you certainly are to be congratulated."

"That's all right about that," said the client, morosely, "but if there's any gold in my character there ain't none anywhere else about me. You took care of that. I'm busted. I guess I'll have to touch you for a little. You did soak it to me good and hard."

"I merely mentioned what my fee would be for undertaking your case," said the lawyer. "You did the rest. Do you think I charged you too much?"

"I think about half what I paid you would have been plenty," replied the client, frankly. "It wasn't much of a case. There wasn't nothin' to it. Say, it was a pipe."

"It was, eh?"

"Sure. I'd have bet my kilt o' tools against your law liberry that the verdict would be 'not guilty' afore that jury went out."

"How much do you suppose my liberry is worth?" asked the lawyer. "Do you think that you'd be giving odds?"

"I know I would," said the client. "It wouldn't be worth nothin' to me an' I wouldn't know where to sell it. No, I wouldn't have no use for your books an' I do know how to use my tools, if I do say it."

"That's what the police seemed to think," observed the lawyer.

"The mugs!" growled the client. "If I'd have known!"

"If you'd have known what?"

"If I'd have known what they was goin' to testify to. Why, say! There wasn't nothin' against me. Not a thing. Anybody could see that they was just tryin' to put up a job on a innocent man."

"Is that your ground for asking a rebate?"

"I oughtn't to have to ask it," said the client. "I ain't goin' to, either. I just leave it to you whether you oughtn't to hand me half of what I give you. Why, them fellows didn't know what they was talkin' about. Just as soon as you began to ask 'em questions they got all tangled up. They wasn't dead sure of nothin'. They wouldn't have swore to their own names."

"They were rather confused when I got through with them, weren't they?" said the lawyer, with a gratified smile.

"As for that prosecutin' attorney, he didn't know his business, either," urged the client. "He started in to wipe up the earth with us. I thought I was in for ten years anyway. I don't mind sayin' that he had me bluffed. But he was easy. Easy! It was a shame the way you handled him. He hadn't got no business bringin' in the kind of evidence he did, nor yet in askin' the questions he did."

"I think I pointed that out to the court."

"Course you did. That was your business. An' the judge seen it the way you did, too. I don't know nothin' about law, but I knew you was in the right about it. It was a walkaway. He was dead wrong all the time. Say, I've a notion to sue 'em for damages and false imprisonment. I believe I could make it stick."

"I think if I were you I'd leave well enough alone," advised the lawyer. "I'm sorry that I can't see my way to return you any part of my fee. Next time perhaps you had better just defend yourself—if it's an easy case like this one."

"Not me," said the client. "I ain't takin' no more chances than I have to in the way of business. Could I borrow \$10 and pay it back the first money I earn?"

"I'd have to wait too long."

"The first money I get, then?"

"On that understanding I might spare you \$5," said the lawyer.—Chicago Daily News.

## CHINA'S WHISTLING PIGEONS.

Musical Instruments Attached to Tails of Flying Birds.

One of the most curious expressions of emotional life is the application of whistles to a flock of pigeons. These whistles, very light, weighing but a few drams, are attached to the tails of young pigeons soon after their birth by means of fine copper wire, so that when the birds fly the wind blowing through the whistles sets them vibrating and thus produces an open air concert, for the instruments in one and the same flock are tuned differently. On a serene day in Pekin, where these instruments are manufactured with great cleverness and ingenuity, it is possible to enjoy this aerial music while sitting in one's room, says the Scientific American.

There are two distinct types of whistles—those consisting of bamboo tubes placed side by side, and a type based on the principle of tubes attached to a gourd body or wind chest. They are lacquered in yellow, brown, red and black, to protect the material from the

destructive influences of the atmosphere. The tube whistles have two, three or five tubes. In some specimens the five tubes are made of oxhorn instead of bamboo.

The gourd whistles are furnished with a mouthpiece and small apertures to the number of two, three, six, ten and even thirteen. Certain among them have, besides, a number of bamboo tubes, some on the principal mouthpiece, some arranged around it. These varieties are distinguished by different names. Thus a whistle with one mouthpiece and ten tubes is called "the eleven eyed one."

The explanation of the practice of this quaint custom which the Chinese offer is not very satisfactory. According to them these whistles are intended to keep the flock together and to protect the pigeons from attacks of birds of prey. There seems, however, little reason to believe that a hungry hawk could be induced by this innocent music to keep aloof from satisfying his appetite, and this doubtless savors of an afterthought which came up long after the introduction of this usage through the attempt to give a rational and practical interpretation of something that has no rational origin whatever, for it is not the pigeon that profits from this practice, but merely the human ear, which feasts on the wind blown tubes and derives aesthetic pleasure from this music.



## The Nose.

The nose, the most conspicuous feature of the human face, has always been regarded with great interest from an esthetic point of view, but it is within a comparatively recent period that its importance in the matter of health has been recognized.

Its external configuration goes far to make or mar beauty of feature, and considered from the point of view of health, its internal conformation is of even more significance.

The inside of the nose is divided into two compartments by a thin plate of bone and cartilage, called the septum. The outer wall of each of these cavities has three projecting ledges, formed of curved plates of bone covered with loose membrane containing a great number of blood-vessels. Opening into the nasal cavity on each side are several hollow spaces in the bones of the face, all lined with mucous membrane and containing air.

The nerves of smell are located in the mucous membrane which lines the nostrils, and when inflammation of the membrane occurs, as in a cold in the head, this sense is more or less destroyed for the time being.

The most important function of the nose is that of a breathing organ. The curved plates of bone serve to increase the surface covered with mucous membrane, so that the air in passing over it is warmed and moistened, and so rendered fit to enter the bronchial tubes and lungs. It is also filtered and freed from dust and from the many disease germs which it carries. The dust and microbes are caught on the moist surface, and are carried back to the entrance of the nostrils in a current caused by the constant downward movement of microscopic hair-like projections on the mucous membrane.

This explains in part the evils that result from mouth-breathing, for then the air is neither warmed nor purified, and on entering the bronchial tubes it causes congestion. This in turn lessens the resisting power, which all mucous membranes possess, against the action of disease germs.

Catarrhal inflammation, diphtheria, tuberculosis, and other respiratory diseases are much more likely to attack those who, through habit or necessity, breathe largely through the mouth.

Obstruction of one nostril, such as occurs when the septum projects to one side or when there are tumors, called polypi, or other swellings of the mucous membrane, puts too much work on the free nostril. Its membrane becomes congested, and catarrh results. This obstruction may be only temporary and may right itself, but when it is permanent it is necessary to remove it by operation as a measure of protection to the general health.

## A Postponement.

"I thought you were going to be married in March," said the tall girl.

"I had expected to be," said the blue-eyed girl, "but I have put it off till June because my birthday comes in March, and if I get married then my wedding anniversary and birthday will come right together in future years and I'll get only half as many presents, because everybody will make one set of presents do for both occasions."

## Sour Milk.

The milk was not of the delectable sweetness one morning, and little Elmer pushed his glass away after taking a sip.

"What's the matter with the milk, Elmer?" asked his mother.

"I guess the milkman has been feeding his cow on pickles," was the reply.

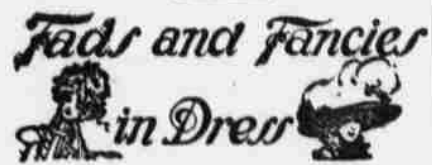
Don't worry; something will turn up sooner or later—even if it's only your toes.

An absent minded man seldom forgets his troubles.

## PRETTY FASHIONS FOR THE MATRON WHO DOES HER OWN HOUSEWORK.



water and should be rinsed in water of the same temperature. This should always be followed by dashing cold water on the face, neck and throat until the skin tingles and glows. The only time when the face should not be rinsed in cold water is after the evening bath, when the pores must be left open to drink in the skin food that has been applied. The shock of the cold water draws the blood to the surface and makes the skin firm, smooth, and healthy looking. The glow that this treatment brings to the cheeks is nature's rouge and surpasses by far any prepared rouge that one could buy.



There is a fad for soft suede leather neckties.

There is a hint of revolt against the empire style.

Almost every gown has a different shoulder scarf.

The shawls of sixty years ago are again in good style.

For evening there is a revival of the canary-colored scarf.

Satin of the palest pink is the new color for evening wear.

Cotton velvets are much used for tailor-made suits just now.

Belts will match the skirts instead of the waists this season.

The parasol handle of the long directoire fashion is considered smart.

All over braided and embroidered coats are seen with perfectly plain skirts.

Roses, in velvet or chiffon or tissue,

shoulders and across front are black satin. The sleeves are made attractive with buttonhole scallops and small velvet-covered buttons.

## Cleaning Windows.

Chamois skin is excellent for use in cleaning windows. Hot water would spoil it. Wash the windows with the wet chamois skin. Rinse the skin and squeeze it as dry as you can. Now wipe the windows again with the damp skin and leave what moisture remains on the windows to evaporate. If the windows are washed every week the work will be lessened, for it only will be necessary to wipe the windows once with the dampened skin. The skin must be kept perfectly clean or the windows will be streaked. To clean the skin after using it, lay flat on a table or sink and rub with plenty of soap and cold water.

## Good Headache Cure.

One of the very best remedies for a sick or nervous headache was suggested recently by a Finnish servant girl. She took raw potatoes without either washing or paring and cut them into thick slices. These were laid close together on the forehead and temples and kept in place by covering with a large handkerchief folded cornerwise and tied in the back.

In a short time the pain disappeared. As the pieces of potato get hot replace with cold fresh ones. They give all the coolness of ice without the incidental dampness, and there is not the burning sensation ice often causes. The potato is distinctly soothing.

## A Woman Editor.

Mrs. Catherine B. Bell, editor of the Cannon, of Cannon City, Colo., besides attending to her household and editorial duties, finds time to serve as pro-

the heat has gone off immerse the cashmere, squeeze it in and out, and knead it a little. On no account must soap be rubbed on the material. When all the dirt has been removed squeeze as much of the water out as you can without wringing, and place the article in a bath of tepid water, to which the cupful of dissolved soap and a little blue have been added. Squeeze as much of the water out again as you can and hang up to dry in the open air. When nearly dry pass through the mangle and press on the wrong side with a hot iron.

## Natty Mushroom Hats.



## Care of Water Bags.

After filling a rubber water bottle with hot water press the sides of same before you screw on the top. In so doing all the steam comes out and there will be no danger of the bottle ripping, no matter how hot the water.

## A Cheap Quilt.

Five or six thicknesses of newspaper, placed between light layers of cotton batting or dienet, and covered and tacked in the usual way, make a warm, light and cheap quilt. Brown paper may be substituted for newspaper.

## One Advantage of Having a Den.

A den is a room where father can sit in the evening without the neighbors discovering that he has holes in his socks.—Aitchison Globe.