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WOMAN'S SPHERE

Encouragement of Women.

We have the "blues" or are from disappointment of any Orison Swett Marden in Magazine, we are apt to think is not much we can do and bear it until the discour- has run its course and the ceases.

not necessary, however, for any tortures from disappoint- discouragement, for there is a inside of us for the worst "blues," the keenest disap- Any person who wishes little scientific training of completely change his attitude in a short time for the suggestion him, troubles him, which the "blues," its opposite. antidote our troubles in the that we antidote those of oth- ourselves in the in which we encourage oth-

next time you feel the "blues" or a fit of depression or just get by yourself, a good bath and dressing becomingly, and give your- talking to. Talk to your- same dead-in-earnest way would to your own child or friend who was deep in the despondency, suffering tor- melancholy. Drive out the picture which haunts Sweep away all depress- suggestions, all the rub- troubling you. Let go that is unpleasant, all the all the disagreeable past; in arms against the ene- our peace and happiness, the force you can muster them out. Resolve that you to be happy, that you are the day, no matter what Just say to yourself, "This normal condition. Harmony lasting fact. Discord must harmony the reality."

Health and Beauty Hints.

It matters little how light becomes, a blonde may wash more frequently than a bru-

shampooing never rub the on the hair, as it gums most impossible to rub or Always have the soap in form.

Irregular eyebrows should be lightly with a camel's-hair in olive oil. The same good for stiff and harsh and it is said to make them

bleeding of the fingers, or foot, raise the part as The best plan in the the hand, is to put it un- water tap for a minute or and then raise it above

person feels jumpiness, and listlessness, accom- headache, there is indicated run-down state of the nerves Plenty of plain nour- should be eaten. There daily outdoor exercise and nerve tonic should be

various causes for redness not to suggest the use of beverages as being one of But another cause is de- lation. In such cases out- is necessary and much result from a cold bath every followed by a brisk rubdown. should be taken.

Cleaning Handbags.

bag or satchel of undressed soiled by usage, need not be turned over to the pro- cleaner. The secret of restoration is a piece of sandpaper rubbed over the surface. A very fine grade of sandpaper is required. When this is used with care the effect is magical and no injury to the material accrues. Many kinds of leathers without polished surfaces—for example, suede, undressed and ooze calskin—can be cleaned thus.

A soft satin chiffon is one of the most attractive trimmings for the popular fur hat.

A two-inch bead fringe makes a pretty trimming on a very short cap sleeve for a ball gown.

Beaver cloth may be bought by the yard and is a fashionable material for covering the winter hat.

Double revers are shown on some of the coats for winter, the under one of cloth, braided and the upper one of silk or satin.

One of the latest petticoat models has all the fullness fitted out over the hips and across the back in small V-shaped darts, making an excellent, smooth fitting foundation for the gown.

Cleaning Walls.

One of the best ways of cleaning walls—that is, removing dust from them—is to take a large wad of cotton batting and place it in a loosely woven piece of soft cheese cloth and go over every part of the walls with it, changing to a clean piece of cheese cloth when necessary. This is an improvement over the old plan of wiping the walls with the batting alone, because it is impossible to leave the tiniest atom of lint when the batting is inclosed in the cheese cloth.

New-Old Poke Bonnet.

Poke bonnets will always have their way with girls who possess demure faces.

These bonnets have lately been much in evidence. Persian bands and contrasting bows of ribbon compose the trimming of these pretty hats.

New Type of Woman.

The eyes of the world are directed at the matured women who are doing things. The exclusive society woman and she who has only good looks to recommend her are rapidly becoming a thing of the past. We are living in an intensely practical age. So rapidly are we living that all forces are amalgamating, and evolving a type of woman such as the world has never seen before. She is not a fledgling, nor a merely pretty thing, but a woman of gracious tact and wide sympathy, who has lived down many a bitter disappointment and crushed many a sorrow, but who is imbued with the optimistic spirit of Young America; she knows that in order to do her best she must look her best; she inspires old and young with her youthful enthusiasm; she is sincerely interested in every humane question of the day; thus unconsciously does she cultivate those endearing qualities of the heart, the daily exhibition of which, in the course of years, imparts an atmosphere of soft, sweet, femininity, and gives to a woman when she reaches middle life that delightful subtle spirit we call "charm." This is perhaps what the satirical Bernard Shaw meant when he asserted that no woman is possible until she has reached her thirty-fifth year, and not worth talking to until her fortieth!—Delineator.

Value of Fresh Air.

Half the evils and ills of humanity could be cured if more people realized the value of fresh air. It is the basis of all beauty and health, and the girl who is endeavoring to procure a lovely complexion by the use of face lotions will find fresh air twice as efficacious.

When you are terribly fatigued try taking half a dozen long, deep breaths, and see if you don't feel more like living. When insomnia has you in its grip try breathing deeply and regularly as you lie in bed and you will be surprised how easily sleep will come. Nervousness can be cured by forming the habit of breathing deep and long, and one medical authority prescribes it in his schedule for nervous women.

All singers are invariably high-chested and free from colds or chronic coughing spells. It is because they have learned to breathe from the waist, instead of the top of the lungs, as the majority of people do. To breathe deeply is to stimulate the heart and the circulation. It means a full, high chest and broad shoulders. It means practical immunity from the dangers incurred by exposure. It means a good carriage and well-poised head. And, best of all, it means perfect physical health.

The Treatment of Cancer.

Dr. Rampoldi, professor of ophthalmology at the famous University of Pavia, has made a noteworthy discovery which may have important bearings on the search for a cure for cancer. He has experimented with a fluid obtained from the Abrus precatoria, or Indian licorice, and has succeeded in curing several cases of tumor, which, according to his report, disappear within three weeks without leaving any scar. So far Prof. Rampoldi has had about twenty successes and a fair proportion of failures, the latter, however, being confined to cases of tumor of the tongue, lips or throat, of which only half yielded to the treatment.

He Knew One.

"Some adjectives," said the teacher, "are made from nouns, such as dangerous, meaning full of danger; and hazardous, full of hazard. Can any boy give me another example?"

"Yes, sir," replied the fat boy at the end of the form; "pious, full of pie."

Science Vs. Tact.

"Frank, never bring that scientific man to our house again."

"What's the matter?"

"I never saw such impudence. He says the diamonds I wear are merely another form of charcoal; the idea!" —Life.

Why, Oh, Why?

Why is it that when a man discovers that he is a "genius" he allows his hair to grow long, and that when a woman becomes similarly conscious she has her hair cut short?—Fliegende Blaetter.

So Very Neat.

We know a woman who is so scrupulously neat that when she built a house at Newport she had every nail used in building it manicured before it was used.

TWO MATERIALS IN ONE SUMMER GOWN.

ATTRACTIVE UGLY MEN

Many Whose Faces Frightened Little Children Were Noted Lady Killers.

JOHN WILKES CAPTURED ALL.

Married the Prettiest Heiress of His Time—Pair Labeled "Beauty and the Beast."

Many of the plainest men of whom we have any record have not only won pretty and well-dowered brides, but have been able to pick and choose among the fairest, to the confusion of their more well-favored rivals.

Was there ever a plainer wooer, we wonder, than John Wilkes, the famous champion of popular liberties and one of the most dissolute men of his day? asks Tit-Bits. So ugly was Wilkes that the very children ran away shrieking at sight of him in the streets, and yet such was the spell he cast over women that "ladies of beauty and fashion vied with each other for his notice, while men of handsome exterior and all courtly graces looked enviously on."

"Give me a quarter of an hour's start," he used to boast, "and I will win any lady's hand against the handsomest man in England." And he could have done it, too. There were few beauties, however fair or highly placed, whose hands could not have been his for the asking, and in the very early '20s he won for his wife one of the loveliest heiresses of the time—a lady who refused more than one coronet—to be his bride. "'Beauty and the Beast,' they call us," Wilkes once said to a friend, "and really I cannot find fault with the description."

Brougham, the great lord chancellor, was a man of almost repellant ugliness, without a solitary compensating grace of speech or manner. When anyone asked, "Where is Brougham?" the invariable answer was, "Where the ladies are thickest." And, sure enough, there he was; and the more he repelled his fair persecutors, the more they clustered round him.

Another famous "lady killer" was Jean Paul Marat, one of the leading and most infamous figures in the French revolution. "Beyond any question," wrote a contemporary, "M. Marat is the ugliest man in the whole of France—and not merely ugly, but positively repulsive in person, habits and manners."

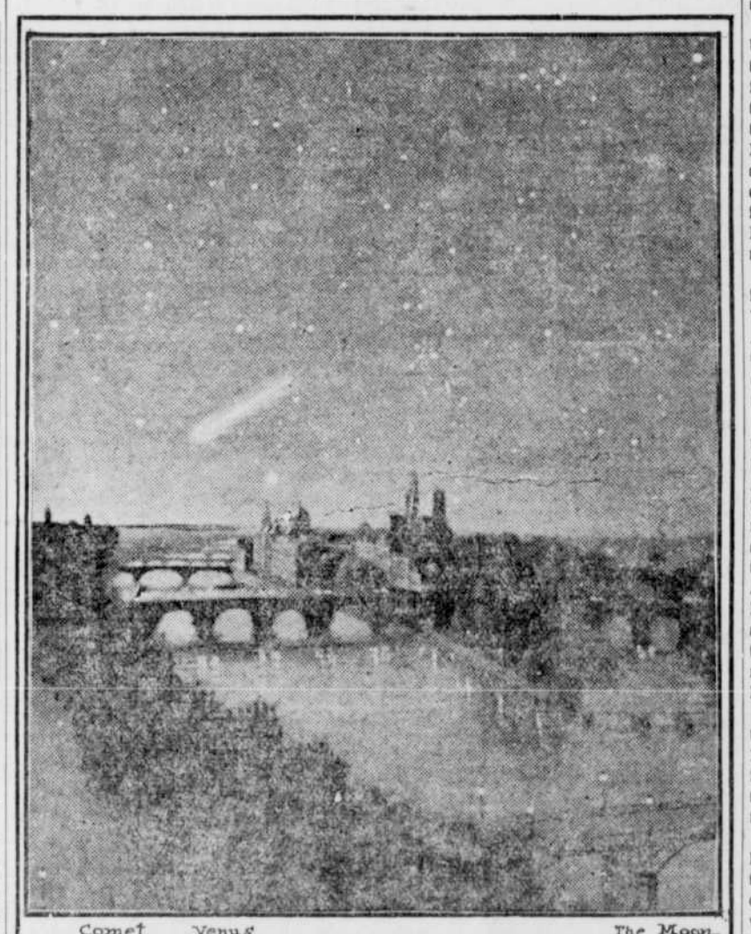
Even while hiding in the sewers of Paris, he was devotedly nursed by one of the loveliest of his admirers, whom he "married one fine day in the presence of the sun."

If possible, a still more repulsive man was Potemkin, the ex-private soldier who enslaved the fancy of Catherine the Great, and by her favor was made virtually Czar of Russia. "Dreadful and repulsive" was the description of him by one who knew him. "He has an unwieldy figure and knock-knees, is swarthy of skin, coarse in feature and has lost one eye. He often passes whole days in his room half dressed, uncombed, unwashed, biting his nails and scratching his untidy head."

But perhaps the most remarkable of all these cases of woman's infatuation for ugly men was that of W. Hamilton, a Scotsman of a century and a half ago. Hamilton was not only preternaturally ugly, but he was terribly deformed. "His legs," we are told, "were drawn up to his ears, his arms were twisted backward and almost every member was out of joint."

In spite of these terrible physical drawbacks Hamilton easily outstripped all the gallants in his district in the favor of the ladies. "He might have married any of them for the asking—indeed, it is said several of them actually asked him," says a chronicler. But he remained proof against all their wiles until after his eightieth birthday, and then he married a girl of 20, himself being carried to the altar on men's shoulders.

HALLEY'S COMET IN THE EUROPEAN SKY.



Comet Venus The Moon

The Comet near Venus, as seen at Paris
- from L'Illustration

JOHN ALDEN WAY IN CHINA.

Chinese Student Lovers Like Having a Middleman Propose for Them.

Dr. Isaac T. Headland, a resident of Pekin for many years, where he enjoyed the friendship of the late dowager empress, throws a new light on the new women of China. Taking up the relations between the sexes and especially the Chinese method of getting a wife, the Travel Magazine says, he repeats a conversation with a young Chinaman who had recently become engaged to a Chinese maiden with whom he had never spoken.

"We students have a very great advantage over the old Chinese method of finding a wife and getting engaged," said my celestial friend.

"What do you mean?" I inquired.

"Well, you see, by the old Chinese method a man can never see his wife until she is brought to his home, unless he can bribe the middleman to allow him to stand on the street corner and see her pass by in a cart."

"And what advantage do you have?"

"We see the girls in church," he answered. 'They also can see us. We have sisters in the girls' school; they have brothers in the college, and when we go home during vacation we can learn all about each other."

"This is an advantage."

"In my judgment," he continued, "we have a better method than ever you foreigners have."

"How is that?"

"Well, you see," he continued, "after we have selected the lady we want, we can have a middleman go and ask her for us, while you have to go and ask the lady yourself."

"But," I objected, "we can get so much better acquainted by our method."

"Yes, that's true," he admitted, "but doesn't it make you awfully angry if you ask a girl to marry you and she refuses?"

It was necessary to admit that there were advantages in the middleman method which had never occurred to me, and, while I was not ready to acknowledge that his new-found method was better than mine, I could still see that the force which brought it about was bringing woman out of her seclusion and placing her on a level with her brother and her future husband.

A Compliment for the Senator.

When the young teacher of a small Western New York charity kindergarten asked a new boy his name, she was rather taken aback to have him answer, "It's Chauncey Depew, ma'am."

A few days later, having heard that Chauncey was ill, she went to inquire for him.

The door was opened by a neat-looking Irish woman, who, on being asked, "Is this Mrs. Depew?" replied:

"No, ma'am, that's not my name."

"But," said the nonplussed teacher, "Chauncey told me his name was Chauncey Depew."

"Sure, it is," promptly answered the proud mother. "I named him for the sinator meself. My name is Mrs. Pugh, an' his is Chauncey D.—Chauncey D. Pugh."

If we were a girl, we would insist on being named Roberta

FASHION HINTS

There's lots of character to this suit of plain and striped pongee.

The stripe is sort of an old blue, the same as the deep cuffs, and it tones so well with the natural color pongee.

The knife pleated collar of net is a new feature.

ODD GEOGRAPHICAL FACTS.

Unique Points About the United States Worth Remembering.

Among the many geographical peculiarities in the United States there are some especially interesting.

The two largest counties in the United States are Custer County, Montana, and San Bernardino County, California. Each of these is a little more than 20,000 square miles in extent, and the States of Massachusetts, Rhode Island, Delaware and New Jersey could be put inside the boundaries of either of them. The smallest county in the Union is Bristol County, Rhode Island, which has only 25 square miles.

The county in the United States having the largest population is New York, which has 2,000,000 people in it. At the time of the last census Bailey County, Texas, which is about the size of the State of Rhode Island, had only four inhabitants.

About 50 miles from Durango, Colorado, there is a point where four States meet. Here by stepping a few feet in either direction one can walk in four different commonwealths in as many seconds. These commonwealths are the States of Colorado, Utah and the Territories of New Mexico and Arizona. A nearly parallel case is at Harper's Ferry, where the train stops a few minutes to allow the passengers to alight and enjoy a view which permits them to look into three States—Maryland, Virginia and West Virginia.

The highest and lowest elevations in this country are in California, within 100 miles of each other. The loftiest is Mt. Whitney, 14,499 feet high, and the lowest is Death Valley, about 450 feet below the level of the sea.

Two Oceans Pass, in Yellowstone Park, is so named because whenever there is a shower in the vicinity and a certain small creek overflows, its waters spread over the edge of the continental divide and pass into tributaries of rivers which flow to the Atlantic and to the Pacific.

The longest city street in the United States is Western avenue, Chicago, which is exactly 22 miles long. Its nearest rival is Halsted street, also in Chicago, which is two-thirds of a mile shorter. Halsted street is so much more closely built up that it is usually spoken of as the longest street in the world. Interspersed with the native Americans on this one street are Germans, Italians, Russians, Jews, Bohemians, Poles and Greeks. Halsted street is crossed over and under by 20 railroads.

A novel way to demonstrate the size of the State of Texas is to spread out a map of the Union and stretch a string across Texas the longest way. Then placing one end of the measure at Chicago, one will find that the other end will extend into either the Atlantic Ocean or the Gulf of Mexico.

Hint to Dollmakers.

Miss Loie Fuller, at a luncheon at Mrs. William Ellis Corey's in New York, told a pretty story about one of her little dancing girls.

"I asked her," said Miss Fuller, 'what she would like for Christmas.

"'I'd like a doll,' she answered. 'I wish, though, the dollmakers were more religious.'

"'Why, my dear?' said I.

"'So as I could have a kneeling doll,' she replied. 'All the dolls I ever saw have to be laid on their stomachs to say their prayers.'"

Near Enough.

Teacher (quoting)—"Man wants but little here below"—Tommy, can you finish the quotation?

Tommy Tucker—But he wants it when he wants it, and he wants it mighty bad.

One Condition.

Mr. Wysun—I want you to have everything that is good for you, my dear.

Mrs. Wysun—O, thank you, John.

Mr. Wysun—But remember that I am to be the judge of what is good for you.—Cleveland Plain Dealer.